

Step 2 Essential Trainings

Physical Play



Checklist of Practice

Always	Sometimes	Not Yet	Caregiver Strategies: What they look like in practice
			1. A variety of equipment is available for moderate and vigorous play, including: pedaling, climbing, running, lifting, carrying, pushing and pulling, digging, crawling, hanging using upper body, jumping for distance, balancing; aiming, throwing, kicking, bouncing, hopping, and sliding.
			2. Materials and equipment for active physical play are easily accessible to teachers and children.
			3. Materials and equipment for active physical play are rotated frequently in response to children’s developmental progress and needs.
			4. There is enough equipment so that children do not wait longer for a turn than is appropriate for age and skill level. For toddlers, multiple sets of popular or new equipment are available.
			5. Daily schedules reflect planned active physical play and planned relaxation and rest.
			6. Each day, children play in teacher-directed, structured physical activities.
			7. Each day, children engage in child-chosen, unstructured active physical play.
			8. Children have access to drinking water during periods of active physical play.
			9. Appropriate attire is available for staff to comfortably spend time outside with children MOST days (with extra clothing such as boots, gloves, hats, and coats available as needed).
			10. Appropriate attire is available for each child to play comfortably outside MOST days (with extra clothing such as boots, gloves, hats, and coats available as needed).
			11. Staff use naturally occurring opportunities to support active physical play.
			12. Adults are within sight and sound of children’s physical play.