



What you will learn about Active Physical Play

QRIS Indicator for Step 3 Health and Safety: Items from the Nutrition and Active Physical Play Checklist are observed in practice.

Items from the Thinking Active Physical Play Checklist are observed in practice.

Each Classroom completes a Vision and Action Plan for Food and Nutrition annually.

The center/home-based provider completes a Vision and Action Plan for Nutrition and Active Physical Play annually.

ESSENTIAL KNOWLEDGE: CHILDREN HAVE INBORN INTERNAL CUES TO BE ACTIVE AND TO REST;

CHILDREN ENGAGE IN ACTIVE PHYSICAL PLAY TO DEVELOP THEIR BODIES, AND FOR FUN AND ENJOYMENT

Provide adult supervision and guidance for children's health and safety.

Promote trust, security, and exploration through nurturing relationships and safe, consistent, and stimulating environments. (ELeG Essential Practice, Health and Safety)

Engage and play with children; supporting and encouraging their exploration. (ELeG Essential Practice, Interaction and Activities)

Provide a range of experiences to all children even though their responses may differ and some children may need adaptations. (ELeG Essential Practice, Cultural Context)

What does this look like in practice?

- There is enough equipment so that children do not wait longer for a turn than is appropriate for age and level of skill. For toddlers, multiple sets of popular or new equipment are available.
- Each day, children have opportunity to play in both structured outdoor and indoor physical activity (teacher-directed), and spontaneous, unstructured play (child-chosen).

- Equipment is available for moderate and strenuous vigorous play, including pedaling; climbing; running; lifting; carrying; pushing and pulling; digging; crawling; hanging using upper body; jumping for distance, to and from a height; balancing; projectile play (aiming, throwing, kicking, bouncing, striking, pitching); rolling; hopping; and sliding.

ESSENTIAL KNOWLEDGE: CHILDREN NEED A VARIETY OF PHYSICAL ACTIVITIES TO SUPPORT AND MAINTAIN HEALTHY WEIGHT;

EACH CHILD HAS ACCESS TO MANY DIFFERENT ACTIVITIES FOR PHYSICAL PLAY

Provide adult supervision and guidance for children's health and safety.

Promote trust, security, and exploration through nurturing relationships and safe, consistent, and stimulating environments. (ELeG Essential Practice, Health and Safety)

Provide multiple strategies to include the senses (sight, hearing, touch, smell, and taste). (ELeG Essential Practice, Interaction and Activities)

Provide a range of experiences to all children even though their responses may differ and some children may need adaptations. (ELeG Essential Practice, Cultural Context)

What does this look like in practice?

- A variety of play equipment is accessible (permanent and portable).

ADULTS ARE RESPONSIBLE FOR PLANNING, PREPARING, AND MONITORING ENVIRONMENTS THAT HELP CHILDREN TO BE SAFE AND SUCCESSFUL IN PHYSICAL ACTIVITY AND MAINTAIN HEALTHY WEIGHT;

THE ACTIVE PLAY ENVIRONMENT IMPACTS CHILDREN'S ENTHUSIASM AND PHYSICAL ACTIVITY LEVEL;

THE ACTIVE PLAY ENVIRONMENT INCLUDES BOTH OUTSIDE AND INSIDE AREAS, SPACE, EQUIPMENT, SCHEDULE, POLICIES, AND RELATIONSHIPS AMONG ADULTS AND CHILDREN, AND CHILDREN AND CHILDREN

Provide adult supervision and guidance for children's health and safety.

Promote trust, security, and exploration through nurturing relationships and safe, consistent, and stimulating environments. (ELeG Essential Practice, Health and Safety)

Engage children in open-ended activities for learning including play around dramatic themes, artistic creations, and sensory play. Encourage children to expand and elaborate their experiences.

Encourage child to play and form relationships with other children. (ELeG Essential Practice, Interaction and Activities)

Observe, recognize, and support children's unique ways of approaching new information and expressing themselves, taking into consideration their temperaments, inclinations, and attitudes.

Provide a range of experiences to all children even though their responses may differ and some children may need adaptations. (ELeG Essential Practice, Cultural Context)

What does this look like in practice?

- Children have access to drinking water during periods of active physical play.
- Lesson plans include well-defined goals and objectives for daily active physical play.
- Appropriate attire is available for staff and for each child to play comfortably outside MOST days.
- The daily curriculum includes scheduled active physical play indoors and outdoors.

L.J. Branen, J.W. Fletcher, Susan L. Johnson, S.A. Ramsay; Thinking Active Physical Play: A Self-Reflection Inventory for Supporting Young Children's Active Physical Play in Group Settings.

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