

Step 3 Essential Trainings

Active Physical Play



Checklist of Practice

Always	Sometimes	Not Yet	Caregiver Strategies: What they look like in practice
			1. 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 to a distance, from a height, to a height; balancing; projectile play (aiming, throwing, kicking, bouncing, striking, pitching); rolling; hopping; and sliding.
			2. Equipment is available for many levels of ability.
			3. Materials and equipment for active physical play are rotated frequently in response to children's developmental progress and needs.
			4. Children have access to drinking water during periods of active physical play.
			5. Lesson plans include well-defined goals and objectives for daily active physical play.
			6. The daily curriculum includes scheduled active physical play indoors and outdoors.
			7. Program and classroom policies for active physical play are written and available to staff and parents.
			8. Each child receives frequent encouragement for effort and achievement of new skills.
			9. Adults support children as they learn to wait for a turn.
			10. Adults adapt environments so that each child has opportunity to try challenging physical play activities comfortably.
			11. Staff model basic physical skills to help children learn or expand skills.
			12. Indoor and outdoor schedules for active physical play include sustained periods for high intensity activity (for example, running, dancing, leaping, chasing games, that require lots of energy).
			13. Staff are vigilant in supervising playground activities to protect and support all levels of physical play (e.g. fast movers, beginning movers, fast tricycle riders, single-hop hoppers, multiple-hop hoppers).
			14. Parents and staff communicate about children's active physical play at school.

