



## **Active Movement policy**

### **Aim:**

At the Aroha Early Learning Centre we intend to enhance child health and wellbeing with education in active movement programmes.

### **Rationale:**

Children need to experience a balanced active movement programme to enhance active healthy lifestyles and choices. The families/ngā whānau are an integral part of this healthy focus so will learn with and along side the teaching staff/ngā kaiako, and the children/ngā tamariki; refer to the Centre Vision Statement.

### **Policy statement:**

The health and safety of each child, of each adult, and of each family is a priority within the environment of the Aroha Early Learning Centre- Te Whāriki, (*the early childhood curriculum*), the Licensing standards 2008 and the Early Childhood Regulations 2008, regulate safe healthy movement practices.

### **Procedures (healthy life style):**

At the Aroha Early Learning Centre teaching staff promote active movement by:

- Planning for daily active movement,
- Becoming informed through professional development,
- Being involved in the modelling of active movement.

### **Practices:**

- **Plan an ongoing active programme,**
- **Demonstrate active movement,**
- **Movement to include fine and gross motor development as well as crossing the mid line,**
- **Ensure each movement programme is appropriate for age/stage,**
- **Involve families/whānau by informing them of child active movement skills, abilities and experiences through child portfolio and wall displays,**
- **To read and update on new research into active movement programmes by partnering with Sports Southland.**

Monitoring- bi-monthly

Consultation:

- *Who? Families/whānau, ngā tamariki, Sports Southland, Ministry of Education.*
- *How? Written, mailings, discussion & communication.*
- *When? August, 2015*

Next Review date- ...12.12.18