



PHYSICAL ACTIVITIES

WHAT IS DIFFERENT?

The program plan must provide all children with opportunities for physical activity appropriate to the length of time they participate in CNC. The requirement sets a minimum time of 30 minutes per day of physical activity for all children attending the program more than 2 hours in a day. There must be a mix of planned “organized” physical activity led by staff and “free play” physical activity chosen by the children.

WHY IS IT IMPORTANT?

It is essential we provide children with opportunities for physical activity and to consider a wide variety of ways in which children can be active. It is well known that encouraging physical activity in the early years builds a foundation for ongoing physical activity and health in later years.

These opportunities are especially important for newcomer children. Some may not have access to physical activity other than what is offered in your program. Physical activity is also important to the social development of children. It encourages children to participate and play together, giving them team experiences that increase their social skills and help them build friendships.

It is also important because it gives children opportunities to participate in activities that do not depend on their language skills, and can help build those skills as they interact with the other children.

IMPLEMENTATION

- Brainstorm with your team a variety of physical activities that you might provide, ensuring a mix of “organized” physical activity and “free play”.
- Ask parents about physical activities from their home country. If you include activities common in other cultures, the children will feel more comfortable and engaged.
- Review your program schedule. If children participate in your program for more than 2 hours, consider how you can include a minimum of 30 minutes of physical activity in your daily program plan. NOTE: you can schedule blocks of time and do not have to provide 30 minutes of continuous physical activity. Also, physical activity takes many forms, ranging from running around on a playground, to hopping or running on the spot, or playing a game like musical chairs!



- If you don't have a dedicated physical activity space, assess your space. For every physical activity, consider what furniture needs to be moved or what area is best suited for that particular activity, keeping safety of the children always in mind.
- Determine what materials (if any) you need for the physical activity and prepare them in advance. Again, keep in mind the space and the safety of the children using these materials while they are physically active.

Special information about Short Term Care NEW

When providing Short Term Care, you will need to choose activities that are suited to the length of time children are present and the location where care is being provided. To meet this requirement, you may need to broaden your ideas about physical activity and provide different experiences to support the children's large and small muscle development, balance, and other elements associated with physical growth. In some situations, it will not be possible to provide physical activities.

Special information about Combined Care

When you offer Combined Care, you must be prepared for unexpected numbers of children arriving at different times. You will want to ensure different activities are available to short-term children who may not be ready to participate in physical activity with the others.

SUPPORT DOCUMENTS

WEB RESOURCES

- Busy Bodies - http://www.eatrightontario.ca/CMSTemplates/EROWebsite/Templates/Pdfs/busybodies_en.pdf
- Fun and Physical Activity - <http://www.toronto.ca/health/newfun.pdf>

REQUIREMENTS

3-5. PHYSICAL ACTIVITY

- a. The program plan provides children with varied opportunities for physical activity appropriate to the length of time they participate in CNC.
- b. When a child is receiving care for more than two (2) hours a day, the child has a minimum of thirty (30) minutes of physical activity.



- c. Physical activity provides children with varied opportunities for physical exercise, including
 - 1. Active play that includes activities led by staff and free play and recreational experiences chosen by the children; and
 - 2. Both indoor and outdoor play activity, where possible.