

## **HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY, INC.**

### **PHYSICAL ACTIVITY POLICY**

In order to promote children's healthy physical development, the Head Start Community Program of Morris County, Inc. has adopted the following physical activity practices.

#### Active Play

At least 60 minutes of active play time is scheduled each day, even when the weather is inclement. Time allotted for outdoor play and moderate to vigorous physical activity may be adjusted to meet the needs of varying age groups and individual children. Multiple opportunities are provided during the day for moderate to vigorous activities such as running, climbing, dancing, skipping and jumping. Active play is never withheld or limited for misbehaving children.

Excluding nap time, children are not required to stay seated for more than 15-20 minutes at a time. They are allowed to get up and move around their classroom.

#### Play Environment

Both fixed and portable outdoor play equipment are available to stimulate gross motor development. Indoor play space is utilized when the weather is inclement.

#### Supporting Physical Activity

The staff directs organized physical activity daily and participates in these activities with the children, both to encourage involvement and to model active enjoyment.

#### Education about Physical Activity

The staff is provided with training in physical activity. They offer formal or informal physical activity lessons to the children on a regular basis and periodically send information home to the parents.

The administration and staff appreciate parental support in promoting the health of the children.