



# Green Planet Daycare Physical Activity Policy

Green Planet Daycare believes in engaging of physical activities. It is an essential to maintain a healthy lifestyle. All children are encouraged to take part in a range of age appropriate physical activities as part of their day. Every effort is made to raise awareness about the importance of physical activity to children.

Indoor and outdoor physical activities is supported to ensure that children are active.

Green Planet Daycare does daily indoor and outdoor activity, for 60 minutes. Under staff supervision and in a safety environment. It is required to provide suitable clothing to able children to explore the outdoor activity in all weathers.

Our physical activity includes:

- Walking to the local park
- Playground
- Provides activity toys
- Jump ropes
- Cars
- Songs, Freeze Dance(indoor)
- Playground climbing and monkey bar
- Musical Chairs (indoor)

X \_\_\_\_\_

Parent/ Guardian Signature

X \_\_\_\_\_

Date