

## Physical Activity Policy

At Parkland Players we encourage children and families to have at least one-hour active playtime every day.

Staff will lead children for active playtime per day for an hour at a time.

Staff will role model activities targeting locomotor skills, such as running, hopping, jumping, and games that involve these sorts of movements.

Staff will make sure breaking prolong sitting time activities, and children have chance to have enough amount of un-facilitated free-play time.

Staff will make sure to address injury prevention during active play activities by explaining and modelling what is safe play.

Program planning will also involve activities that promote physical education, healthy development, active games, and --fundamental movement skills include:

Balance Skills-movements where the body remains in place, but moves around its horizontal and vertical axes.

-Coordination skills- involves gross motor manipulation of objects -. (Catching, throwing, or kicking a ball or beanbag), balloon batting scarf tossing.

Loco motor skills- running, jumping, hopping, galloping, skipping and leaping.

### Facilitated play:

- Organize sports such as soccer, hockey, and tennis.
- Led games such as Simon says, follow the leader, tag or duck duck goose.

Parkland players ensure the minimum outdoor active play is offered  
(when the weather is poor indoor active play is offered)

Length of Preschool program	Amount of Active play
1-2 hours	20 minutes
2-3 hours	30 minutes
3-4 hours	40 minutes



<http://parklandplayers.com>

Tel: 604.670.8830

## Limited Screen Time Policy

(TV, computer, electronic games)

Screen time is not offered to children under two years of age, as well as Children are in attendance for 3 hours or less.

Children in KG -12 years old has only movie time, or educational videos on special occasions for limited time

Staff are not allow to use their cellphones during their working hours.