

# Physical Activity Policy

## Guidelines for Toddlers

- At least 30 minutes of accumulated daily STRUCTURED (intentional caregiver/adult lead movement/activities) physical activity is provided daily.
- At least 60 minutes of daily unstructured physical activity is provided daily and toddlers will not be sedentary for more than 60 minutes at a time, except when sleeping.
- Toddlers are provided ample opportunities to develop movement skills that are the basis for future motor skillfulness and physical activity.
- Safe indoor and outdoor areas are available that meet or exceed recommended safety standards for performing large-muscle activities.
- Teachers and assistants understand the importance of physical activity and promote movement skills by providing opportunities for structured and unstructured physical activity and movement experiences.

## Guidelines for Preschoolers

- At least 60 minutes of accumulated daily STRUCTURED (intentional caregiver/adult lead movement/activities) physical activity is provided daily.
- At least 60 minutes of daily unstructured physical activity is provided daily.
- Preschoolers are encouraged to develop competence in fundamental motor skills that are the basis for future motor skills and physical activity.
- Safe indoor and outdoor areas are available that meet or exceed recommended safety standards for performing large-muscle activities.
- Teachers and assistants understand the importance of physical activity and promote movement skills by providing opportunities for structured and unstructured physical activity and movement experiences.

