

Child Care Physical Activity Policy Template

Child care centers and home care providers can adopt this physical activity policy framework, by easily filling in the information below. This can help with communication to parents about your daily schedule and dedication their children’s health.

Daily structured and unstructured physical activity is an important piece of children’s health and development. Our staff has attended trainings to learn creative ways to provide opportunities for structured physical activity. This approach to physical activity will help develop their bodies and skills, in a fun way.

At _____ (child care name), our typical day includes:

Outdoor play:

- _____ minutes in the morning
- _____ minutes in the afternoon
- We provide grassy play space along with the following types of play equipment
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- We use the outdoor area for free play and to facilitate structured physical activity such as _____.
- Drinking water is available to children.
- Exceptions to our outdoor policy are: rain, threat of severe weather or extreme temperatures.

Indoor play:

- Indoor, teacher-led play is provided during _____ for _____ minutes.
- We utilize the following equipment in our indoor space: _____
- Other than nap time, children are not required to stay seated for more than 30 minutes at a time.
- We limit screen time to ____ min per ____ (day/week)
- Visible support for physical activity is provided through books and posters.
- Children are encouraged to be active and join other children in active play.
- Active play time is rarely, if ever, withheld for more than 5 minutes at a time, for discipline.

Living Healthy in Washington County is a part of the Statewide Health Improvement Partnership (SHIP), Minnesota Department of Health

Looking for guidance?

Refer to these physical activity best practices:

1. Babies (0-12 months old) should get short, supervised periods of tummy time two or three times a day. (Some babies do not initially like tummy time, so begin with only 3-5 minutes at one time. Gradually increase the time when you see the baby enjoying it more.
2. Toddlers (12-24 months old) Active play time, including both indoors and outdoors, is provided daily for 60 minutes or more.
3. Preschoolers (2-5 years old) Active play time, including both indoors and outdoors, is provided daily for 120 minutes or more.
4. Outdoor play time is offered 2 or more times per day, except when weather makes it unsafe.
5. Indoor play space is available and used when going outdoors is not possible for the same amount of time as would have been spent outdoors.
6. Portable play equipment is always available to children during active play time both indoors and outdoors.
7. Adult-led/structured physical activity, in periods of at least 10 minutes, is offered either indoors or outdoors 2 or more times per day.
8. During active play times, both indoors and outdoors, caregivers/teachers supervise, verbally encourage, and often join children in active play.
9. Active play time is rarely, if ever, withheld for more than 5 minutes at a time, for discipline.
10. There is a written policy that includes current physical activity practices.
11. The physical activity policy is communicated to current and prospective families both in writing and verbally.
12. Screen time is limited to 30 minutes per week (<https://healthykidshealthyfuture.org/>)

Provided by: [the Minnesota Department of Health Physical Activity Best Practices MDH Television/Screen Time and Health](#)