

Screen Time and Physical Activity Policy



Statement / Aim

Developing healthy habits associated with being physically active and engaging with appropriate screen time, sets the foundation for good habits later in life and can impact on immediate and long term health outcomes. Early childhood education and care services are an ideal place to develop good habits in young children and influence the behaviours of families. Educators and families can work together to share responsibility of making physical activity a priority both inside and outside the home. Screen-time can include things like watching television, DVDs and playing computer games on PCs, iPads etc.

Red Robin Kindergarten seeks to promote children's physical activity by supporting the development of their gross motor skills and fostering the emergence of their fundamental movement skills through a range of intentionally planned and spontaneous active play learning experiences. Our service also supports limiting the amount of time children spend engaging in screen time and sedentary behaviour for recreational purposes.

Procedure

- Recommended use of TV and DVDs is for educational purposes only and this will be limited to less than one hour per day.
- Television and/or DVDs may be viewed by the children on special occasions once or twice per year (eg. Pyjama day) or with approval from the Centre Manager/Nominated Supervisor prior to this taking place.
- Video clips can be played using computers for educational purposes only if they have relation to the current topic and the children gaining a better understanding of concepts by watching such clips.
- Teachers may use the internet with the children to search for or research information that the children want to know about a particular topic
- Children will not play on a computer or iPad for longer than 15 minutes at a time
- Timers and alarms will be used to monitor the amount of time spent playing computer games
- Only educational games (eg. literacy, numeracy, science) will be available for the children to play
- Educators/Staff are not permitted to use their mobile phones for personal use while on the floor or in front of children or families
- Endeavour to limit experiences involving screen use to those which have an educational component – including movement.
- Discuss with children the role of screen time in their lives and support them in making healthy choices about their use of screen time for both education and recreation.
- Encourage the promotion of productive sedentary experiences for rest and relaxation.
- Ensure that an appropriate balance between inactive and active time is maintained each day.
- Under no circumstances is the screen to be used as a reward or to manage challenging behaviours.
- Screen time is limited for toddlers and pre-schoolers (aged 2 to 5 years);

- For children 2 to 5 years of age, choose only screen time experiences that are appropriate, educational and encourage children to move around and be active
- Provide opportunities for children to be active every day through a balance of planned and spontaneous active play experiences (including everyday physical tasks), in the indoor and outdoor environments.
- Plan daily intentional Fundamental Movement Skills (FMS) experiences to support children's physical activity and their FMS development. These include running, galloping, hopping, jumping, leaping, side-sliding, skipping, overarm throwing, catching, striking a stationary ball, kicking, underarm throwing and stationary dribbling.
- Ensure active play experiences are play based, varied, creative, developmentally appropriate and cater to the abilities and interests of each individual child.
- Support educators to provide active play experiences that encourage children to explore, challenge, extend and test their limits.
- Ensure all active play experiences are safe by providing an appropriate environment - ensuring equipment is developmentally appropriate and well maintained and supervision is constant.
- Include dance, creative movements, drama, storytelling and a wide variety of music;
- Physical activity will be implemented in both the indoors and outdoor environments.
- Encourage educators to provide opportunities for learning about the importance and benefits of being physically active and involve children in the planning of active play experiences.
- Encourage educators to actively role model to children appropriate physical activity behaviours.
- Share with families, the recommendations and the importance of being physically active and developing positive physical activity habits along with the importance of developing positive screen time habits in the early years.

Considerations / Resources

- Education and Care Services National Regulations 2011
- National Quality Framework 2011
- Get up & grow: Healthy eating and physical activities for early childhood
- Munch and Move

Last Reviewed: September 2023