

Snohomish County ECEAP Physical Activity Policy

Purpose

To establish a policy and procedures for ensuring ECEAP children's participation in regular physical activity, and provide guidance to assist in addressing any potential barriers to physical activity, during the ECEAP preschool day.

Policy

The mission of Snohomish County ECEAP is to nurture the development, education and overall well-being of young children and their families. We support The Healthiest Next Generation Initiative, launched by Governor Jay Inslee, and are committed to ensuring children in our program have the opportunity each day to engage in outdoor physical activities, unless conditions pose a health or safety risk. When such risks are present, children will participate in indoor gross motor activities until conditions outdoors improve and no longer present a risk.

In addition to providing opportunities for children to engage in outdoor play, it is critical for teachers to engage with children as they play. Teachers will provide regular opportunities for planned physical activities such as games, as well as unstructured time in which children can choose their activities, and, as appropriate, teachers will participate in activities with children.

Procedures

Active Play Time

1. Provide outdoor physical activities for all children each day, according to the length of the preschool day. See chart below:

Number of hours	8 hrs+	7 hrs	6 hrs	5 hrs	4 hrs	3 hrs	2 hrs
Minimum Minutes Required	60	50	45	40	30	25	15

For programs whose hours are not reflected in the chart above, use the figures to calculate the minimum requirement (i.e., a 2 ½ hour program is required to offer at least 20 minutes of outdoor activities each day)

2. At least once each week, teacher will plan and offer structured outdoor physical activities, such as games, relay races, etc. and will participate with children whenever possible.
3. All children will be permitted to participate in outdoor physical activities unless doing so will result in a safety issue for themselves or other children.
4. Work in consultation with families to remove all barriers to children participating, addressing individual needs, and making necessary adaptations for children with disabilities.

Play Environment

5. When outdoor conditions pose a health or safety risk, provide indoor large gross motor activities instead, meeting or exceeding the minimum times indicated in #1 above.
6. Provide a variety of age appropriate fixed play equipment (slides, climbing and balancing equipment, etc.) as facility/space allows.
7. Provide a variety of portable play equipment (wheeled toys, balls, hoops, ribbons), regularly changing or updating the equipment based upon children's interests.
8. When possible, include space and equipment for children to use wheeled toys.
9. When possible include a large grassy and/or barked area for children to use in addition to climbing and portable toys.

Supporting Physical Activity

10. Staff will support children's play and learning by promoting children's active play, encouraging children to join others in play, and participating in children's active games when appropriate.
11. Provide visible support for physical activity in classrooms and common areas through the use of posters, pictures, and displayed books.

Performance Standards and Contract References

ECEAP Performance Standard E-5, Daily Routine

The usual daily routine must include outdoor or large motor time

ECEAP Performance Standard D-19 Safe Equipment and Materials

Materials and equipment must be safe, clean and in good repair; age-appropriate, and safely stored to prevent injury.

ECEAP Contract Exhibit A, Section IX, Additional Health and Safety Requirements

D. Comply with ECERS regarding outdoor time

E. Support children's play and learning by promoting children's active play and participating in children's active games when appropriate.