**Physical Activity or Mindful Movement**

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Active Play and Inactive Time

* Preschool Age children have at least 60 minutes of unstructured physical activity per day
* Children participate in structured physical activities (teacher-led) two or more times throughout the course of the day.
* We promote physical activity in the classrooms and common areas through use of posters, pictures, and displayed books
* We offer physical activity education to parents a minimum of 2 times a year
* We do not withhold active play time as punishment
* During outdoor play, teachers are required to play outside with the children
* When outdoor opportunities are not possible due to adverse weather conditions, similar activities are provided inside.

Play Environment

* A wide variety of fixed play equipment (slides, climbing equipment) is also available to meet the needs of all children
* A variety of portable play equipment is available for children to use at the same time

Supporting Physical Activity

* Staff members encourage children to be active and join children in active play
* We display pictures or posters that promote physical activity
* Staff members receive training on physical activity during the course of the school year
* Children and Staff members will have access to equipment carts to easily bring gross motor equipment outside.

Because outdoor time is part of the daily schedule, it is important that children have appropriate clothing at the center for all weather conditions\*

*\*According to the Ohio Department Jobs and Family Services Rule 5101:2 – 12 –14, each center shall provide an opportunity for supervised outdoor play each day in suitable weather. The center shall plan a daily outdoor play period for each toddler, preschooler, or school age child. Outdoor play shall be shown as part of the center program schedule.*