

FACT SHEET

Child Care Standard of Practice

Community Care and Assisted Living Act

ACTIVE PLAY

Sections 43, 44, and Schedule G of the Child Care Licensing Regulation require caregivers to provide children with indoor and outdoor activities that encourage healthy growth and development.

Why was the Active Play Standard of Practice created? Active play is an important part of early childhood growth and development. The Active Play Standard of Practice supports physical activity as a key strategy to improve overall physical and mental health and to prevent childhood obesity.

What does active play mean? Active play is any activity that gets the body moving and increases breathing and heart rate.

How do I plan for active play every day? Keep it Simple. Make it fun. Choose activities for the children's age and developmental level. Don't make the activities too hard as children may get discouraged, and don't make them too easy or children may get bored – try to find a balance.

Simple ideas include:

- Make being active a normal part of the daily routine.
- Provide a variety of active toys such as hoola hoops, jumping ropes, bean bags, ride on toys and a variety of balls in different sizes (soccer ball, soft foam balls, bouncy balls).
- Offer a mix of open ended/free play and adult lead play experiences.
- Provide a safe setting. Make sure children are dressed comfortably and appropriate for outdoor activities.
- Provide safety gear (helmets, knee pads etc.) for activities such as biking and skating.
- Make activities fun; children won't do the activity if it's not FUN! Remember that children get more involved if adults join in and show their enthusiasm for the activity.



What kind of activities should I offer? Active play can be anything that gets children up and moving their body. Throwing and kicking balls, racing games, hopscotch, jumping rope, and climbing are all active play activities.

What if I don't have climbing equipment? Helping children be active does not require special equipment. Children are energetic and love to move around anytime, anywhere. Keep things simple and fun. Indoor or outdoor activity ideas may include:

- Dance, twist, or twirl to music.
- Marching backwards and forwards.
- Walking like animals: elephants, crabs, dogs, cats (don't forget to make the animal noises too!!)
- Stair climbing: walk, crawl or hop to the top, make it a race!
- Jumping over or around things.
- Action games and songs, such as 'Hokey Pokey'.
- Yoga or body movements: arm circles, touch the sky: touch the ground.
- A walk: It's free, it's easy, and all you need are your legs to do it! Add some interest with a scavenger hunt, look for and identify animal tracks, collect leaves, or make a list of the sounds that were heard.

Check out the Active Play: Simple Games and Activity Ideas info sheet and web links below for more ideas.

Websites for activity ideas:

Parenting.com

[Baby Center](http://BabyCenter.com)

[Activity Village](http://ActivityVillage.com)

[Change4Life](http://Change4Life.com)

[Push2Play](http://Push2Play.com)

[Good Life Kids Foundation](http://GoodLifeKidsFoundation.com)

[Todays Parent](http://TodaysParent.com)

[Fun Finder, by Education.com](http://FunFinder.byEducation.com)

[MakeTime2Play](http://MakeTime2Play.com)

Remember if the activity is FUN children will want to participate!

