

28 PROCEDURE: ENCOURAGING PHYSICAL ACTIVITY

Aim

To encourage the children to develop positive attitudes to physical activity for their health and well-being, and to help them to gain confidence and control of their bodies.

28.1 Guidelines

28.1.1 Children have the opportunity to explore active movement through both indoor and outdoor activities.

28.1.2 Children will have the experience of developing fundamental movement patterns both individually, in small group activities and centre wide experiences.

28.1.3 Montessori Children's House Wanaka will provide opportunities from outside providers of physical activity sessions where appropriate.

28.1.4 All equipment is regularly checked and maintained.