

# PHYSICAL ACTIVITY GUIDELINES

## Kindergarten Programs

### 1. Purpose and Intent

The City of Casey is committed to ensuring all children attending a City of Casey managed kindergarten programs are provided with a safe and secure environment that supports their health and wellbeing and adheres to National Regulations. This guideline outlines the responsibilities of the service when promoting physical activity in the service.

### 2. Scope

This guideline will apply to the Approved Provider, Nominated Supervisor, Responsible Person in Day-to-Day Charge, educators, staff, students on placement, volunteers, parents, children and others attending the programs, activities and services managed by the City of Casey.

### 3. Definitions

Key Term	Definition
Approved Provider	An individual or organisation, such as City of Casey, that has completed an application form and been approved by the Regulatory Authority as fit and proper (in accordance with Sections 12, 13 and 14 of the National Law) to operate one or more education and care services.
Nominated Supervisor	A person who is the Responsible Person in Day-to-Day Charge, and has been nominated by the Approved Provider (City of Casey) of the service under Part 3 of the Act to be the Nominated Supervisor of that service, and who has consented to that nomination. The Nominated Supervisor has day-to-day responsibility for the service in accordance with the National Regulations. All services must have a Nominated Supervisor.
Person with Management and Control	Individuals responsible for managing the delivery of a service or those who have significant influence over its activities. PMCs have specific legal obligations for ensuring compliance within early childhood education and care providers.

### 4. Background

Physical Activity is vital for young children’s health, wellbeing and development. It supports the development of motor skills and contributes to positive mental health and lifelong healthy habits. Preschool aged children benefit from a balance of active play, rest, and sometimes sleep throughout the day.

The Department of Health, Disability and Ageing has developed [Recommendations for infants, toddlers and preschoolers \(birth to 5 years\)](#). For preschool age children (3 – 5 years), the recommendations are that they participate in at least 3 hours a day of active play, including 1 hour of energetic play such as:

- Running
- Kicking, throwing and jumping
- Dancing
- Skipping

This activity should take place throughout the day rather than all at once.

For preschool children, time spent sitting, lying down, or doing screen-based activities should be limited.

The City of Casey is committed to providing safe, inclusive and developmentally appropriate opportunities for physical activity, ensuring that all children regardless of ability can participate. Physical activity is play based and is promoted as an enjoyable and natural part of the child’s daily experiences.

### 5. Responsibilities for this guideline

<p><b>Child Youth and Family Management, Person with Management or Control or the Approved Provider</b></p>	<ul style="list-style-type: none"> <li>• Provide strong leadership that supports a culture of child safety in the everyday practice of City of Casey employees.</li> <li>• Provide educators with clear guidelines, policies and procedures.</li> <li>• Uphold the Victorian Child Safe Standards legislation.</li> <li>• Provide safe learning environments and play spaces for children to safely participate in physical activities.</li> <li>• Ensure equipment is well maintained.</li> <li>• Ensure physical activity is promoted in the program and is inclusive and appropriate for each child (National Quality Standard 2.1, Element 2.1.3).</li> <li>• Provide educators with support and relevant training to promote physical activity in the program in accordance with regulatory requirements.</li> <li>• Support educators to participate in the <a href="#">Healthy Together Achievement Program</a>.</li> </ul>
<p><b>Educators</b></p>	<ul style="list-style-type: none"> <li>• Promote physical activity through planned and spontaneous experiences in the service.</li> <li>• Complete a risk assessment when there are potential risks associated with physical activity.</li> <li>• Provide developmentally appropriate physical activity experiences that support skill development.</li> <li>• Ensure children are adequately supervised at all times.</li> <li>• Consider opportunities for children to be physically active in adverse weather conditions.</li> <li>• Ensure physical activity is inclusive and accessible for all children by consulting with families and professionals where required.</li> <li>• Ensure physical activity is provided consistently with the City of Casey’s Disability Inclusion Action Plan, so that all children have the opportunity to participate in the program appropriate to their development.</li> <li>• Consider the way moveable and fixed equipment is utilised in the service environment to encourage physical activity and adventurous play.</li> <li>• Promote children’s capabilities as active learners to jointly plan physically active experiences.</li> </ul>

	<ul style="list-style-type: none"> <li>• Encourage parents to dress their child in a manner that enables safe physically active play.</li> <li>• Encourage walking excursions to local parks and recreation facilities for excursions and regular outings to encourage physical activity.</li> <li>• Where possible provide space at the service to leave bikes, prams and other active travel equipment.</li> <li>• Minimise and closely supervise screen-based experiences in line with the Digital Technology guidelines.</li> <li>• Respect family values and expectations around physical activity for all children attending the service.</li> </ul>
<p><b>Parents/Families and service users</b></p>	<ul style="list-style-type: none"> <li>• Communicate to the service about anything that may affect their child participating in physical activity in the service, to allow for adjustments to be made</li> </ul>

## 6. Associated documents and attachments

This guideline should be read in conjunction with:

- Nutrition and Food Safety guidelines
- Supervision of Children guidelines
- Weather Protection guidelines
- Child Safe Environment guidelines

## 7. Relevant legislation

Relevant legislation and standards include but are not limited to:

- Education and Care Services National Law Act 2010
- Education and Care Services National Regulations 2012
- The Occupational Health and Safety Act 2004
- The Health Act 1958

## 8. Statement of Commitment to Child Safety

All children or young people who attend services, programs, and events delivered by, and spaces owned or managed by the City of Casey, have the right to feel and be safe. The wellbeing and safety of children and young people in our care will always be our priority.

Council has zero-tolerance of child abuse and is committed to creating and maintaining a child safe and child-friendly organisation where all children and young people are valued and protected from abuse, harm and neglect.

The City of Casey is committed to creating and maintaining a child safe organisation where protecting children and young people from abuse, harm and neglect is embedded in the everyday thinking and practice of Council, its employees, contractors and volunteers.

## 9. Monitoring, evaluation and review

The City of Casey will ensure:

- Regular monitoring of the implementation of this guideline and its associated documents including training and compliance.
- This guideline and its associated documents are kept up to date with current legislation, policy and best practice.
- Review and evaluation of this guideline and its associated documents as part of the service’s review cycle, or as required.

<b>Reviewed by:</b>	CYF Policy Officer in consultation with CYF Management team.		
<b>Approved by:</b>	Director – Community Life		
<b>Date Approved:</b>	09/06/2026		
<b>Current Version:</b>	1.0	<b>ECM ID:</b>	22056476
<b>Review Cycle:</b>	3 years	<b>Review Due:</b>	09/06/2029
<b>Responsible Department and Team:</b>	CYF Policy Officer Kindergarten Programs		

## 10. Document History

Date changed	Change Type

### Contact the City of Casey:

**Web:** [casey.vic.gov.au](http://casey.vic.gov.au)

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**NRS:** 133 677 (for the deaf, hearing or speech impaired)

### Customer Service Centres:

**Narre Warren:** Bunjil Place, Patrick Northeast Drive

**Cranbourne:** Cranbourne Park Shopping Centre

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