



Bacchus Marsh  
Grammar

# ELC POLICY

## Early Learning Centre Physical Activity Policy

Approved by the Approved Provider: 7 August 2025

**Bacchus Marsh Grammar** PO Box 214 Bacchus Marsh VIC 3340 **E** [school@bmg.vic.edu.au](mailto:school@bmg.vic.edu.au)  
**Maddingley Campus** South Maddingley Road, Bacchus Marsh VIC 3340 **P** 03 5366 4800  
**Woodlea Campus and ELC** 111 Frontier Avenue, Aintree VIC 3336 **P** 03 5366 4900

An Independent Ecumenical School  
for Girls and Boys  
Reg. No. 1919  
ABN: 24 128 531 078  
[www.bmg.vic.edu.au](http://www.bmg.vic.edu.au)





# Physical Activity Policy

<b>1</b>	<b>Quick Reference</b>	<b>2</b>
<b>2</b>	<b>Purpose and Background</b>	<b>2</b>
<b>3</b>	<b>Scope</b>	<b>2</b>
<b>4</b>	<b>Definitions</b>	<b>2</b>
<b>5</b>	<b>Policy Statement</b>	<b>2</b>
5.1	The right balance of physical activity and inactivity for children	2
5.2	Getting children involved	2
5.3	Supporting development and skills	3
5.4	Inclusion	3
5.5	Safety	3
5.6	Family partnerships	3
<b>6</b>	<b>Principles</b>	<b>3</b>
<b>7</b>	<b>Policy Communication, Training and Monitoring</b>	<b>4</b>
<b>8</b>	<b>Legislation (Overview)</b>	<b>4</b>
8.1	Education and Care Services National Law and Regulations	4
8.2	National Quality Standard	4
8.3	Early Years Learning Framework (EYLF) V2.0 / Victorian Early Years Learning Framework	5
8.4	National Principles for Child Safe Organisations	5
<b>9</b>	<b>Related Documents</b>	<b>5</b>
9.1	Key Policies	5
9.2	Procedures	5
9.3	Resources	5
<b>10</b>	<b>Authorisation</b>	<b>6</b>
<b>11</b>	<b>History</b>	<b>6</b>



## 1 Quick Reference

physical activity | exercise | energetic play | children's growth and development | fitness | wellbeing | health | preventing sedentary behaviour | staying active | sport | access and inclusion | safety

## 2 Purpose and Background

- 2.1.1 To set out how we promote physical activity for good physical and mental health and wellbeing, and ensure children achieve the right balance of physical activity, inactivity and sleep
- 2.1.2 This policy helps us to comply with the National Regulations (s 168(2) (a)), which requires us to have policies and procedures related to children's health and safety. It aligns with the National Quality Standard Area 2.1 (Health), and is based on the Australian Government's 24-hour movement guidelines for children and young people

## 3 Scope

- 3.1.1 This policy applies to:
  - 'Staff': the approved provider, paid workers, volunteers, work placement students, and third parties who carry out child-related work at our service (e.g., contractors, subcontractors, self-employed persons, employees of a labour hire company)
  - Children in our care, their parents, families and care providers

## 4 Definitions

- 4.1.1 The following definitions apply to this policy and related procedures:
  - 'Physical activity' means any bodily movement that engages muscles and expends energy. It includes play, structured exercises and everyday activities
  - 'Parents' includes guardians and persons who have parental responsibilities for the child under a decision or order of court
  - 'Staff' refers to paid employees, volunteers, students, and third parties who are covered in the scope of this policy

## 5 Policy Statement

### 5.1 The right balance of physical activity and inactivity for children

- 5.1.1 Our daily program must include a mix of physical activity and inactivity to meet the needs of children in our care
- 5.1.2 Educators must give children opportunities for structured and unstructured active play throughout the day, and an environment in which children can move freely and explore
- 5.1.3 Educators must respond to the individual needs of each child. As children grow and develop, educators must support them to spend more time in active play, less time sitting, and in getting the right amount of sleep
- 5.1.4 Educators must give children time to rest and relax; however, they also must limit the amount of time that children spend sitting or lying down (excluding rest/sleep times) or using screens
- 5.1.5 Educators must follow our Physical Activity Procedure (attached), which is based on the Australian Government's 24-hour movement guidelines for children and young people

### 5.2 Getting children involved

- 5.2.1 Educators must make physical activities a time for fun and exploration by offering creative, new and unfamiliar activities throughout the year, and participating enthusiastically in the activities with the children
- 5.2.2 We must encourage children to make decisions about what physical activities they would like to do and, where we can, incorporate their suggestions into our program
- 5.2.3 Children should be involved in setting up activities and equipment as much as possible

- 5.2.4 Our educational program covers how the human body works and how important physical activity is to maintaining health and wellbeing

### 5.3 Supporting development and skills

- 5.3.1 Our program must include activities that target both gross and fine motor skills, develop balance skills and spatial awareness, and encourage problem-solving
- 5.3.2 Children must be given individualised support to help them move through their developmental stages, and to try new or unfamiliar activities to build their independence, confidence and skills

### 5.4 Inclusion

- 5.4.1 Our physical activity program must cater to different age groups, abilities and developmental stages
- 5.4.2 We must promote a culture of inclusion in which all children are equally valued and encouraged to participate, regardless of their gender, background, identity or physical abilities
- 5.4.3 All children must be offered the chance to initiate and lead physical play activities, and educators should challenge stereotypes that might discourage participation in certain activities (e.g., because of gender or disabilities)
- 5.4.4 We must provide culturally and developmentally appropriate physical activities that reflect the children's diverse abilities, interests, identities and backgrounds
- 5.4.5 Our activities, spaces and equipment must be tailored and modified where necessary and reasonable to ensure that every child can participate meaningfully

### 5.5 Safety

- 5.5.1 We must conduct regular risk assessments of indoor and outdoor physical play areas and equipment, and ensure that equipment is safe, maintained and appropriate for all abilities, ages and developmental stages
- 5.5.2 Educators must teach children the boundaries and guidelines for safe play so they can explore and take appropriate risks within the limits
- 5.5.3 Children and staff must wear appropriate footwear and clothing during physical activities, and must also wear sun protection if they are outside

### 5.6 Family partnerships

- 5.6.1 We must maintain open communication with families and share information with each other about children's physical development, including their strengths, abilities, and emerging skills
- 5.6.2 Any information we provide to families about the benefits of physical activity must be from reliable sources
- 5.6.3 Where children and families need extra support, we can give specific advice and referrals from our network of external support agencies and child health/development specialists
- 5.6.4 We must work collaboratively with families and professionals to implement any management or support plans for children that are needed

## 6 Principles

- 6.1.1 Our physical activity program meets the individual needs of each child, taking into account their age and developmental stage
- 6.1.2 We implement the Australian Government's 24-hour movement guidelines for children and young people
- 6.1.3 We see physical activity as a time for children to develop, have fun and explore
- 6.1.4 Our program reflects and celebrates the diverse abilities, interests, cultures, identities, and backgrounds of our families, ensuring all children can participate meaningfully
- 6.1.5 Our practices, spaces and equipment are safe for children

## 7 Policy Communication, Training and Monitoring

- 7.1.1 This policy and related documents can be found in our Policy Folder and OneDrive Policy folder
- 7.1.2 The approved provider and nominated supervisor provide information, training and other resources and support regarding the Physical Activity Policy and related documents
- 7.1.3 All staff (including volunteers and students) are formally inducted. They are given access to review, understand and formally acknowledge this Physical Activity Policy and related documents
- 7.1.4 The nominated supervisor runs a professional development program for each staff member, which covers this policy
- 7.1.5 Roles and responsibilities are clearly defined in this policy and in individual position descriptions. They are communicated during staff inductions and in ongoing training
- 7.1.6 The approved provider and nominated supervisor monitor and audit staff practices and address non-compliance. Breaches of this policy are taken seriously and may result in disciplinary action against a staff member
- 7.1.7 At enrolment, families are given access to our Physical Activity Policy and related documents
- 7.1.8 Families are notified in line with our obligations under the National Regulations when changes are made to our policies and procedures

## 8 Legislation (Overview)

### 8.1 Education and Care Services National Law and Regulations

Regulations	
s 73	Educational program
s 77	Health, safety and safe food practices
s 84A-D	Sleep and rest
s 103	Premises, furniture and equipment to be safe, clean and in good repair
s 105	Furniture, materials and equipment
s 168	Education and care services must have policies and procedures
s 170	Policies and procedures to be followed
s 171	Policies and procedures to be kept available
s 172	Notification of change to policies or procedures

### 8.2 National Quality Standard

Stand ard / Eleme nt	Concept	Description
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child
3.1.1	Fit for purpose	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child
3.1.2	Upkeep	Premises, furniture and equipment are safe, clean and well maintained

Stand ard / Eleme nt	Concept	Description
3.2	Use	The service environment is inclusive, promotes competence and supports exploration and play-based learning
3.2.1	Inclusive environment	Outdoor and indoor spaces are organised and adapted to support every child's participation and to engage every child in quality experiences in both built and natural environments
3.2.2	Resources support play-based learning	Resources, materials and equipment allow for multiple uses, are sufficient in number, and enable every child to engage in play-based learning.
6.2.2	Access and participation	Effective partnerships support children's access, inclusion and participation in the program.

### 8.3 Early Years Learning Framework (EYLF) V2.0 / Victorian Early Years Learning Framework

Outcome	Key component
3: CHILDREN HAVE A STRONG SENSE OF WELLBEING	<ul style="list-style-type: none"> <li>Children become strong in their social, emotional and mental wellbeing</li> <li>Children become strong in their physical learning and wellbeing</li> <li>Children are aware of and develop strategies to support their own mental and physical health and personal safety</li> </ul>

### 8.4 National Principles for Child Safe Organisations

#### Most relevant principles

Equity is upheld and diverse needs respected in policy and practice

## 9 Related Documents

### 9.1 Key Policies

Child Safe Environment Policy | Additional Needs Policy | Physical Environment Policy | Education Curriculum and Learning Policy

### 9.2 Procedures

Physical Activity Procedures (attached)

### 9.3 Resources

[Physical activity guidelines – Department of Health](#)  
[Playactive.org.au](http://Playactive.org.au)

## 10 Authorisation

ELC Document Name	Physical Activity	
<b>Name of Reviewer:</b> Approved Provider	<b>CEO Andrew Neal</b>	<b>Signature:</b>
<b>Name of Reviewer:</b> Nominated Supervisor	<b>Kerry Osborn</b>	<b>Signature:</b>
<b>Date Revised</b>	<b>7 August 2025</b>  Reviewed annually and when there are changes that may affect this policy or related procedures. The review will include checks to ensure the document reflects current legislation, continues to be effective, or whether any changes and additional training are required	

## 11 History

Date	Amendment
August 2025	1. New policy to replace the former Physical Activity Promotion Policy