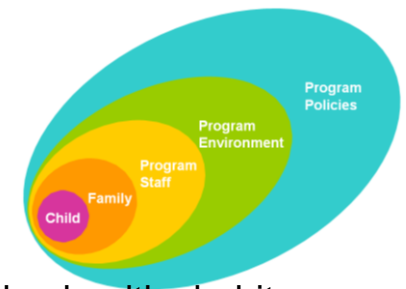


Action Plan Worksheet



Start Date: December

ECE Program Name: ABC Child Care Program

Goal: Introduce and incorporate daily physical activity into our program to help children develop healthy habits

Child	Family	Program Staff	Program Environment	Program Policies
<p>Discuss physical activity with the children and how being active will help them grow up strong and healthy (Ongoing beginning December, Teachers)</p> <p>Discuss with children what types of physical activities they like (Ongoing beginning December, Teachers)</p> <p>Provide opportunities for adult-led physical activities and unstructured physical activities both indoors and outdoors on a daily basis (Ongoing beginning January, Teachers)</p> <p>Provide “wiggle breaks” throughout the day to encourage movement with children (Ongoing beginning January, Teachers)</p>	<p>Send home resources to families about the importance of physical activity (December, repeating as new resources are available, Director)</p> <p>Create “Physical Activity Kits” that include materials and physical activities for families to check-out from the program’s lending library to use at home with children (January, Director, Teachers, and Staff)</p>	<p>Incorporate physical activity resources into staff meetings (Ongoing beginning December, Director, Teachers and Staff)</p> <p>Identify spaces where children may be physically active (early December, Teachers and Director)</p> <p>Assess whether or not classroom environments are conducive for physical activity,. (early December, Teachers)</p> <p>Incorporate time for adult-led physical activities and unstructured physical activity into daily lesson plans (Ongoing beginning December, Teachers)</p> <p>Take photos of children engaging in various physical activities and display on program’s bulletin board (Ongoing beginning January, Teachers)</p> <p>Attend trainings to learn more about best practices on engaging infants, toddlers, and preschoolers in physical activity (Ongoing, as available, beginning January, Director, Teachers, and Staff)</p> <p>Be physically active with the children in your care (Ongoing, as available, beginning January, Director, Teachers, and Staff)</p>	<p>Based on classroom environmental assessments, arrange the classroom to allow children to be physically active without interfering with each other (late December, Director and Teachers)</p> <p>Identify and increase the amount and variety of portable play equipment and loose play objects that promote physical activity such as balls, wheeled toys, hoops, soft objects (Ongoing beginning December, Teachers)</p> <p>Incorporate physical activity into other curricular lessons and during transition times (Ongoing beginning December, Director, Teachers, and Staff)</p> <p>Identify outdoor and indoor spaces to be physically active. Display photos of children engaging in various physical activities to display for parents on program’s bulletin board (Ongoing beginning January, Director and Teachers)</p>	<p>Research physical activities and resources for children to incorporate into the classrooms (Ongoing beginning December , Director)</p> <p>Prepare and hold staff meeting to introduce the new physical activity resources (December, repeating as new resources are available, Director)</p> <p>Research program policies for promoting physical activity in infants, toddlers, and preschoolers, to include in staff and parent handbooks (December, Director)</p> <p>Develop written policies to include in staff and parent handbooks. Policies will cover: amount of time allotted for physical activity, type of physical activity offered, spaces available for physical activity, provider’s role in leading physical activity, physical activity added to other curricular areas, training providers to engage in physical activity, daily outdoor physical activity and weather policy, safety protocols and injury prevention, and not withholding physical activity as punishment for bad behavior or poor academic performance (January, Director)</p>

Action Plan Worksheet

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