

# Southern Cross Early Childhood School



## Learning Environments-

Educators plan and provide both active and calming spaces, as well as times in the daily schedule for active and quiet play.

BELONGING, BEING & BECOMING: The  
Early Years Learning Framework for  
Australia – V2.0, 2022

## Fundamental Movement

Skills: are basic movements associated with Locomotor skills, such as jumping, running, galloping, leaping, hopping, and side-sliding;

Manipulative skills, such as catching, underarm rolling, dribbling, striking, kicking, and throwing; and Stability skills, such as balancing, stretching, and twisting.

(NSW Ministry of Health 2017)

## Promoting Physical Activity

### Physical Activity

To promote healthy physical development through physically active play in children, Southern Cross Early Childhood School will:

- Provide safe and adequate space in both indoor and outdoor play area for physically active play.
- Engage children in physically active behaviours that are suitable for their developmental ability.
- Plan opportunities for children to be physically active by providing space and experiences that vary on a regular basis.
- Ensure a balance of active and sedentary experiences.

### Setting up Outdoor Equipment

Educators at Southern Cross value the learning that occurs in the outdoor environment and the potential for children to challenge themselves both physically and cognitively. To ensure the safety of children in the outdoor environment, educators need to consider the placement and suitability of nonfixed/mobile equipment. In particular, the following aspects should be considered:

- Does the equipment meet Australian Standards?
- Will the placement of a particular piece of equipment allow children to access dangerous areas (e.g., climb over the fence/gate, access the roof etc.)?
- Is the height of the equipment greater than 1500mm?
- Is there appropriate material under the equipment fall zone (e.g., soft fall, tan bark etc.)?
  - Free height of fall – less than or equal to 500mm - 1.5m fall zone.
  - Free height of fall 1.0m (1000mm) – 1.7m fall zone.
  - Free height of fall 1.5m (1500mm) – 1.9m fall zone.
- Are components of mobile equipment joined together in such a way as to provide maximum stability and minimise the potential for children's fingers getting caught?



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Promoting Physical Activity  
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Due for Revision: September 2027

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The Education Directorate preschool team and the Anglicare team have established shared guidelines as to the use of equipment in the playground to ensure consistency amongst educators and to support children in their development across a range of domains.

The Preschool grounds are checked each morning before the children arrive. This involves a boundary walk and walk around the equipment checking that unsafe objects have not been thrown into the grounds overnight and that the equipment is safe. Any unsafe items are immediately removed. If equipment is damaged, the BSO is called immediately to fix. The area is cordoned off to prevent children playing on the equipment.

The sandpit is covered after use each day with a tarpaulin. Sand is 'topped up' annually or when required to ensure the level of play sand is safe.

The Education Directorate provides an annual OH&S checklist, this is completed each semester by the Preschool staff and the WHS officer completes a Corrective Action Plan when required.