



## Active Movement – “Koringa Hihiko” Policy

Enquires to:	Manager, Kaiako
Applies to:	Kaiako, tamariki
Date Redeveloped:	June 2021
Date reviewed:	June 2021
Date Approved:	
Next Review Date:	November 2022

**References;** *Healthy Heart, MOE Regulations, Licensing Criteria, Te Whāriki, Wellbeing/mana atua – goal 1, tamariki experience where their health is promoted, Exploration/Mana aotūroa, Goal 2, Tamariki gain confidence in and control of their bodies, Active Movement, Sport Wellington, MOH.*

### Purpose / Rationale:

At Lower Hutt City Childcare and Education Centre we promote all aspects of individual tamaiti health and well-being. Physical activity and risky play is vital for optimum growth and health.

*“Active Movement, Koringa, Hihiko” Exploration of Active Movement skills assists young learners to develop the ability to move in a variety of ways under a variety of circumstances. Constructing the how, where and with whom, or with what an active movement skill can be performed (motor planning) develops concepts and understanding of spatial and body awareness. Exploration is about testing all possibilities.*

### Procedures:

- Natural motor development is supported.
- Tamariki are encouraged to move freely on their own as their capabilities and development allows.
- Mātua are requested to provide appropriate clothing for their tamaiti that will enable full participation in physical activity in all weathers. *“There is no such thing as bad weather, only bad clothing.”* Spare clothing provided daily is also essential.
- Tamariki are provided with opportunities throughout the day for climbing, balancing, kicking, throwing, jumping, running, and other locomotor movements, both indoors and out.
- The environment will allow for space and equipment which follows the interests of tamariki and promotes free and challenging physical experiences both indoors and out.
- Funds are available to support physical activity, equipment, and professional development.
- Kaiako and mātua are encouraged to be good role models by promoting and participating in physical activity.
- Tamariki are encouraged and taught to analyse and manage their own risk within their physical play.
- Ensure spaces are safe and free from obstruction – free fall spaces applied
- Ensure the equipment is safe, well maintained and positioned safely observing the 1.5m fall zone rule. Using the 1.5m Wooden length to help ensure this is accurate.
- Ensure that outside spaces are available for all tamariki in all weather conditions ensure that they are dressed for the conditions.

- On wet days opportunities for active exploration will be available on the covered deck and in the Nui Moe room for tamariki to balance, climb, jump and slide.

Board of Trustees consulted	Yes/No	Kaiako consulted	Yes/No
Parents consulted	Yes/No		
Approved by: _____		Designation: _____	Date: _____