GUIDELINES FOR ACTIVE PLAY (AND SMALL SCREEN RECREATION) FOR ORGANISATIONS

These sample guidelines are suitable for organisations that provide group sessions or service, for parents/carers and children to attend together for a couple of hours, for example, playgroups.

Review and adapt the Sample Active Play and Small Screen Recreation Guidelines in consultation with facilitators/staff, parents and carers so that it reflects the organisation’s specific needs.

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**Active Play and Small Screen Recreation Guidelines for Organisations**

**AIM**

The ____________________ (insert name of service here) aims to create a safe environment where children can enjoy active play and parents/carers are encouraged to be active with their children.

**Planning Active Play**

- Active play activities are planned.
- Active play is planned with input from children and parents/carers.
- Active play areas are planned.

**Delivery of Active Play**

- Active play activities (structured and unstructured) are provided at each session.
- Active play activities are varied for different ages and abilities.
- Active play activities for babies (birth-12 months) are provided at each group session or service (if applicable).
- Facilitators/staff, parents and carers are involved in active play activities, role modelling physical activity.
- Babies are not restrained (e.g. in a pram) during group sessions or service unless sleeping.
- Active transport such as walking and cycling is encouraged.
- Television and computers are not used in group sessions or service.
- Outdoor play is offered where possible.
- All children are encouraged to participate in a range of outdoor play activities.
- Active play opportunities reflect diverse backgrounds and abilities.
- Children, facilitators/staff and parents/carers are dressed appropriately for play and wearing a sun hat, appropriate footwear and protective clothing and sunscreen consistent with sun-safe guidelines.
- Tap water is available to all children, parents, carers and facilitators/staff.

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The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts Healthy Eating and Active Play at Playgroup manual and case studies, and the NSW Ministry of Health Munch and Move program and Local Health District resources.

www.healthykids.nsw.gov.au
RESOURCES FOR ACTIVE PLAY

• Equipment for active play is provided at each group session or service and is varied between sessions.
• Information is provided to parents and carers on:
  – How to encourage active play
  – Benefits of daily active play
  – Limiting sedentary (inactive) behaviour at home.

The active play guidelines were developed by the facilitators/staff of
_________________________________________ (insert service name) in consultation with the parents/carers using the service.

The guidelines will be reviewed as required by facilitators/staff, parents and carers.

Signed: ________________________________

Date of adoption: ______________________  Date of review: ______________________