



# Physical Activity Educators

## NQS Element 2.1.3 Healthy lifestyle

Name Educator 1	
Name Educator 2	
Name Educator 3	
Name Educator 4	
Name Educator 5	

E = **Embedded** I do that **ALL** the time

K = I **know** I need to do that, but I don't do it all the time

T = Please **teach** me how to do it or improve my understanding of why I need to do it.

**ED1    ED2    ED3    ED4    ED5**

	<b>ED1</b>	<b>ED2</b>	<b>ED3</b>	<b>ED4</b>	<b>ED5</b>
Do you ensure there enough varied resources to always engage children in physical activities?					
Do you include activities like dancing, yoga, soccer skills in the Curriculum?					
Do you understand that every day and routine movement is included in this Quality Standard eg packing up, transitioning to and from school, serving afternoon tea etc?					
Do you ensure the activities and equipment available aren't limited by your beliefs about children's capabilities?					
Do you participate in children's dramatic play and follow their lead?					
Do you involve children as appropriate in cleaning and maintenance at the service eg sweeping paths, oiling furniture?					
Do you regularly include gardening activities like weeding, watering, digging, planting etc in the curriculum?					
Do you intentionally teach children skills like catching, throwing, skipping, kicking etc?					
Do you regularly take children on walking excursions?					
Are there opportunities for children to engage in team sports like basketball, netball, tennis?					
Do you encourage children to get active, and promote a balance of physical and sedentary (eg screen-time) activities?					

### Actions required