

(Revised September 2025)

## **Policy Statement:**

The Mueller College Outside School Hours Care (OSHC) Service aims to provide all children and young people with appropriate, frequent and varied physical activity opportunities, focusing on enjoyment and participation, thereby encouraging positive physical activity habits in all children and young people.

## **Background:**

The Education and Care National regulations require Service providers to have Policies and procedures that promote physical activity in the educational program to educate and encourage healthy lifestyles.

## **Important terms:**

<b>Children and young people</b>	Refers to the children and young people present in the care environment.
<b>Educator</b>	Refers to the staff employed by the Service to provide care for children and young people attending.
<b>Parent/guardian</b>	Refers to the primary carer/s of the child or young person attending the Service.
<b>Family</b>	Refers to the group of people, including the primary carer which engage daily with the child or young person in the home environment.

## **Legislation:**

### **National Quality Standard (NQS)**

**Quality Area 1: Educational Program and Practice**

**2: Children's Health & Safety**

<b>1.1</b>	<b>Program</b>	The educational program enhances each child's learning and development.
<b>1.1.2</b>	<b>Child centred</b>	Each child's current knowledge, strengths, ideas, culture, abilities and interests are the foundation of the program.
<b>1.2</b>	<b>Practice</b>	Educators facilitate and extend each child's learning and development.
<b>1.2.1</b>	<b>Intentional teaching</b>	Educators are deliberate, purposeful, and thoughtful in their decisions and actions.
<b>2.1</b>	<b>Health</b>	Each child's health and physical activity is supported and promoted.
<b>2.1.3</b>	<b>Healthy lifestyle</b>	Healthy eating and physical activity are promoted and appropriate for each child.

### **Education and Care Services National Regulations**

73	<p><b>Educational program</b></p> <p>(1) This Part applies in relation to the program (the <i>educational program</i>) that is required to be delivered under section 168 of the Law to a child being educated and cared for by an education and care service.</p> <p>(2) An educational program is to contribute to the following outcomes for each child—</p> <ul style="list-style-type: none"> <li>(a) the child will have a strong sense of identity;</li> <li>(b) the child will be connected with and contribute to his or her world;</li> <li>(c) the child will have a strong sense of wellbeing;</li> <li>(d) the child will be a confident and involved learner;</li> <li>(e) the child will be an effective communicator.</li> </ul>
77	<p>(1) The approved provider of an education and care service must ensure that nominated supervisors and staff members of, and volunteers at, the service implement—</p> <ul style="list-style-type: none"> <li>(a) adequate health and hygiene practices; and</li> <li>(b) safe practices for handling, preparing and storing food—</li> </ul> <p>to minimise risks to children being educated and cared for by the service.</p> <p>Penalty: \$2200.</p> <p>(2) A nominated supervisor of an education and care service must implement, and ensure that all staff members of, and volunteers at, the service implement—</p> <ul style="list-style-type: none"> <li>(a) adequate health and hygiene practices; and</li> <li>(b) safe practices for handling, preparing and storing food—</li> </ul> <p>to minimise risks to children being educated and cared for by the service.</p> <p>Penalty: \$2200.</p>
105	<p>The approved provider of an education and care service must ensure that each child being educated and cared for by the education and care service has access to sufficient furniture, materials and developmentally appropriate equipment suitable for the education and care of that child.</p> <p><b>Note.</b></p> <p>A compliance direction may be issued for failure to comply with this regulation.</p>

### **Education and Care Services National Law**

168	<p><b>Offence relating to required programs</b></p> <p>(1) The approved provider of an education and care service must ensure that a program is delivered to all children being educated and cared for by the service that—</p>
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	<p>(a) is based on an approved learning framework; and</p> <p>(b) is delivered in a manner that accords with the approved learning framework; and</p> <p>(c) is based on the developmental needs, interests and experiences of each child; and</p> <p>(d) is designed to take into account the individual differences of each child.</p> <p>Penalty: \$4000, in the case of an individual. \$20 000, in any other case.</p> <p>(2) A nominated supervisor of an education and care service must ensure that a program is delivered to all children being educated and cared for by the service that—</p> <p>(a) is based on an approved learning framework; and</p> <p>(b) is delivered in a manner that accords with the approved learning framework; and</p> <p>(c) is based on the developmental needs, interests and experiences of each child; and</p> <p>(d) is designed to take into account the individual differences of each child.</p> <p>\$4000.</p>
301 (3,e)	Requirements and standards to be complied with for the safety, health and wellbeing of children being educated and cared for by an education and care service;

## **Principals:**

To ensure all children and young people have access to physical active play in order to promote healthy living.

### **Participation:**

- Enjoyment of physically active games is encouraged.
- Varying levels of ability are catered for.
- Every child or young person is provided with equal encouragement to allow them to acquire skills and develop confidence.
- Gender, culture, age, ability and individual differences are considered when planning activities.
- A sense of fair play and courtesy among children and young people is encouraged to promote a friendly playing environment.

### **Amount and types of Physical Activity:**

- OSHC contributes to the recommended daily physical activity for children and young people.
- Children and young people are encouraged to participate in moderate intensity physical activity every day, as part of the educational program.
- Children and young people will be encouraged to play outdoors each day of attendance as weather permits.
- The service will vary activity session to incorporate aspects of endurance, flexibility and strength.

### **Safe and supportive environments:**

- Grounds and equipment are checked regularly to make sure they are safe to use.
- All physical activity sessions are adequately supervised by Educators in accordance with Service supervision plans.
- In adverse weather conditions, outdoor playing time is substituted with equivalent indoor activities where possible.
- Children and young people wear hats and apply a minimum of 30+ sunscreen on exposed skin before being involved in outdoor activities. Special consideration may be observed for child or young person with individual medical needs if suitable, signed documentation is provided direct to the Nominated supervisor that indicates a request from the parent/guardian for their child or young person to play in the sun without wearing sunscreen.
- Regular drinks of water are to be encouraged.
- A well maintained first aid kit is on hand at each activity session.

### **Equipment:**

- A wide range of safe, adequate and appropriate equipment for physical activity is available for children and young people and, there are a variety of facilities available for them to use.
- All play equipment is regularly maintained and cleaned.

### **Learning about physical activity:**

- Children and young people learn about the importance of physical activity for future health.
- The service provides physical activity information and guidelines for parents/ guardians.

## **Procedure:**

### **Educators and Lead Educators will:**

- act as role models of physically active behaviour encourage children and young people to be accepting and understanding of the different abilities of other children.
- provided with equal encouragement to all children and young people and look for opportunities to increase involvement of children and young people including making adjustments to allow access for children and young people with varying abilities and needs.
- encourage children to try a range of activities including obstacle courses, balancing, kicking, dancing and skipping, jumping, rolling, catching and throwing.
- regularly check grounds and equipment to make sure they are safe to use.
- consider the ways moveable and fixed equipment are utilised in the outdoor physical environment to encourage physical activity.
- adequately supervised all physical activities in accordance with Service supervision plans.
- Ensure children and young people wear hats and apply a minimum of 30+ sunscreen on exposed skin before being involved in outdoor activities.
- promote physical activity and reduced screen time (e.g., watching TV, playing on computers or small hand-held games devices) with families, children and young people.
- Encourage children and young people to have regular drinks of water.

### **Educational leaders will:**

- plan a variety of experiences that regularly involve physical activities in both indoor and outdoor environments that cater to a variety of abilities and needs.
- equip educators and lead educators to effectively support children and young people in physical activities through sharing of strategies, professional development and mentoring.
- liaise with local Aboriginal and Torres Strait Islander communities to seek advice about traditional children's games and dances that would be appropriate for use in the service.
- use educator reflections, family, children and young people feedback and ideas in planning physical activity experiences.

### **Nominated supervisors and Approved providers will:**

- ensure the OSHC Service's physical environment, layout and design to ensure it is supporting children and young people's active play.
- Facilitate regular communication with families about cultural practices for physical activity.
- encourage families to share information about cultural backgrounds in relation to physical activity, language, traditional games.
- ensure equitable access is provided to support children with additional needs. Consult with other health professional including the local Inclusion Support Agency to support children's physical development.
- share the 'Physical Activity Policy and Procedure' with all employees upon their induction and ensure it is available to staff and families at all times.
- additional professional development will be provided as needed and during review processes.
- All Service policy will be reviewed annually through consultation with all stakeholders or sooner should there be identified changes or updates to legislative requirement.

## See Also:

- Mueller OSHC Supervision Policy & Procedure
- Mueller OSHC Sun Safety Policy & Procedure

## REFERENCES:

- Education and Care Services National Law Act 2010, Current as at October 2024
- Education and Care Services National Regulations, Current as at September 2025
- Education and Care Services National Law Act (QLD) 2011, Current as at September 2025
- Guide to the National Quality Framework, Revised September 2025
- My Time, Our Place – Framework for School Age Care in Australia – Produced by the Australian Government Department of Education, Employment and Workplace Relations for the Council of Australian Governments. Ver2.0, Revised 2022
- National Quality Standard, Revised 1 February 2018
- Guide to the National Quality Standard, Revised May 2022

## REVIEW

POLICY REVIEWED BY:	Rachel Rose	OSHC Director	23/09/25
POLICY REVIEWED	SEPT 2025	NEXT REVIEW DATE	JAN 2026
VERSION NUMBER	V2.3		
MODIFICATIONS	<ul style="list-style-type: none"> <li>• Updated references</li> </ul>		
POLICY REVIEWED	PREVIOUS MODIFICATIONS	LAST REVIEW DATE	
	<ul style="list-style-type: none"> <li>• Updated references</li> <li>• Addition of review table</li> </ul>	DEC 2024	
	<ul style="list-style-type: none"> <li>• Updated legislations</li> <li>• Allocation of tasks</li> </ul>	MAR 2025	