



- **What Surrounds Us... Shapes Us!!!**
- **When I Move, I Learn... promote active early!!**

We all want young children to develop healthy habits, and we know that these habits begin at home in the early childhood setting. When children see their caregivers as healthy role models and take an active role in caring for their bodies, make appropriate food choices, and participate in physical activity they feel a sense of pride and accomplishment in their independence and develop a sound foundation for healthy growth in all other areas of development. Research shows that physical activity is a daily routine for children to promote wellness and prevent obesity in the future.

In YoungStar, for providers whose program provides at least sixty minutes of physical activity a day, there are optional points available.

(Documented in lesson plans and verified by Formal Rating Observer).

- Basic daily schedule exists that is familiar to the children and the schedule provides balance of structure and flexibility.
- The program will provide:
  - ~ 2—5 year old children with outdoor play at least two times a day with a minimum of 15 minutes of teacher-led activity each time. The activity time will be in 15 minute increments.
  - ~ infants and one year olds with outdoor play at least two times a day with opportunities for infants to explore and one year olds to have active (free) play.
  - ~ If inclement weather prohibits outside time, equivalent time indoors for physical activity will be available.
- Children will be provided with physical activities at the moderate level of intensity
  - ~ during transitions from one activity to another in a least half of the daily transitions taking place during the classroom schedule (e.g., hopping to the next space, follow the leader to another space in the classroom) for 2—5 year olds.
  - ~ One year olds during the day for at least 30 minutes (teacher-led) in 5 – 10 minute increments.
  - ~ Program provides physical activity for infant and one year olds – infants having the opportunity to move around in their environment with no more than 15 minutes at a time of placement in swing, bouncy seat, or play pen.
- The program's daily schedule must include teacher-led music and movement for at least 10 minutes each day.

