

Big Sandy Area C.A.P., Inc. – HEAD START  
Program Policies and Procedures

## Promoting Physical Development

### POLICY:

Staff will promote the physical development of all children, including participation of children with disabilities as a part of promoting school readiness.

*This policy relates to [Head Start Performance Standards 45 CFR Part 1302.30, 1302.31](#)*

### PROCEDURE:

1. Provide sufficient time and space, both indoors and outdoors, for active play and large motor development such as jumping, running, balancing, climbing, and riding wheel toys (a minimum of 40 min. daily for part-day sessions – 60 min. for full-day sessions) . The Just A Minute (JAM) Exercise Program or GoNoodle activities will be implemented daily for 10 minutes. Include this information on the lesson plan.
2. Provide a sufficient quantity and variety of equipment and materials to meet individual needs.
3. Provide adult guidance and support during activities and use of materials and equipment.
4. Provide creative movement activities using obstacle courses, activity songs, records, and tapes.
5. Provide fine motor activities such as stacking, stringing beads, pegboards, puzzles, lacing cards, and woodworking.
6. Utilize child's ongoing assessment information to assist in planning and accessing appropriate activities and skill development (Class Profile Report) Document in lesson plans.
7. Integrate development of social skills by including non-competitive large and small group games.
8. In planning for outdoor play, the play area should offer a balance of activities to support child development across the four develop areas

social/emotional, physical, cognitive and language to help in the supporting of school readiness.

9. All equipment must meet safety standards.
10. The outdoor play area should meet the following criteria to the extent possible:
  - a. There are a variety of activity choices (children can ride, construct, swing, climb, read, pour, dig, kick, throw, pretend, paint, balance, cooperate, and play games).
  - b. There are play opportunities and equipment for children with differing abilities.
  - c. There are grassy, open areas.
  - d. There is a smooth surface for equipment with wheels.
  - e. There is enough room for children to move freely without getting in other people's way.
  - f. There are a variety of hard and soft textures and surfaces (grass, sand, paved areas, wood chips).
  - g. There are shady areas which include a place for activities such as drawing or working a puzzle.
  - h. There is a storage area to hold equipment and toys.
  - i. There should be a minimum of 75 sq ft of space per child