**Promoting Physical Development**

**Policy**
Staff will promote physical development of all children.

**Procedure**

- Center Staff will provide a minimum of 20 minutes of age and developmentally appropriate active gross motor play daily (preferably outdoors).
- Staff will plan, model, and teach physical activity in the daily routine indoors and outdoors. If weather does not permit safe outdoor playtime, this time will be replace with indoor large motor play.
- In the Home Base option, Educators will encourage parents to provide active gross motor play (preferably outdoors).
- Staff will provide sufficient quantity and variety of equipment and materials to meet children’s needs.
- Staff will provide adult guidance and support.
- Staff will provide fine-motor activities.
- Staff will integrate development of social goals by including non-competitive large and small group activities.

This policy complies with Head Start Performance Standard 45 CFR Section 1304.21
Approved by Policy Council on February 16, 1999
Updated on 3-22-2005
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