

# Physical Activity Nominated Supervisor OSHC

## NQS 2.1.3 Healthy lifestyle

Name of the person conducting the checklist: \_\_\_\_\_ Date: \_\_\_\_\_

Are there enough varied resources to always engage children in physical activities?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators organise activities like dancing, yoga, soccer skills either by bringing visitors into the service or using the skills and interests of educators?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Are there challenging play activities available eg climbing tyre towers, trees, wobbly bridges, stepping stones etc?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you ensure the activities and equipment available aren't limited by educators' beliefs about children's capabilities?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Are you sure the activities and equipment available provide enough opportunities for risky play?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators involve children as appropriate in cleaning and maintenance at the service eg sweeping paths, oiling furniture, cleaning windows, vacuuming?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators regularly include gardening activities like weeding, watering, digging, planting etc in the curriculum?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators intentionally teach children skills like catching, throwing, skipping, kicking etc?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators regularly take children on walking excursions?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Are there opportunities for children to engage in team sports like basketball, netball, tennis?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators encourage children to get active, and promote a balance of physical and sedentary (eg screen-time) activities?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

### Actions required