

# Physical Activity Audit Babies and Toddlers - Nominated Supervisor

## NQS 2.1.3 Healthy lifestyle

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

### Babies

Are there enough varied resources to ensure educators can always engage babies' curiosity?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there sufficient safe equipment to help babies move eg things to hold on to, balance against or pull themselves up on?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there sufficient safe resources and equipment to encourage babies' pulling, pushing, fingering, mouthing and grasping?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Can the resources and equipment be manipulated in a variety of ways without a lot of help from educators?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators place lots of interesting things on the floor to engage babies eg mirrors?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators place resources on the floor just out of babies' reach to encourage movement?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators rotate the resources available to babies?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

### Toddlers

Is there an increasing range of resources and equipment available to toddlers to enhance their gross and fine motor skills?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators encourage toddlers to develop their physical skills at their own rate eg never push them to achieve more than they're comfortable with?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators wait for toddlers to show they need help rather than assuming they will and stepping in?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators support toddlers to actively explore without interfering in their discoveries eg promote child-led curriculum?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

### Actions required