

# 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