



Best Practices for Physical Activity in ECE

1. Classroom teachers lead children in structured physical activities daily
2. A variety of portable play equipment is available to students at all times
3. Teachers utilize the outdoor space for structured physical activity and for free play (fixed structures, open spaces, etc.)
4. Teachers join children in active play
5. Teachers integrate developmentally appropriate movement experiences into existing curriculum
6. Teachers create activities that vary in intensity, nature, and material
7. Music and movement activities are implemented daily (indoors & outdoors)
8. Teachers prompt and probe children to create extension activities
9. Teachers encourage children to lead activities
10. Physical activity is not to be used as punishment