



Active physical play

FCCERS-R Indicator	Why is this important?
<ul style="list-style-type: none"> • Open space provided indoors/outdoors for active physical play. <ul style="list-style-type: none"> ○ No child should be kept restrained in a restrictive device (swing, bouncer, exersaucer, infant seat, high chair, etc.) for more than 15 minutes except for a reasonable time while actively eating, or being fed. ○ Children need to be appropriately dressed for weather. ○ Young infants can move freely on carpet. ○ Children can crawl and walk around. 	<ul style="list-style-type: none"> • Large motor movements should not be limited by clutter, crowding, or furnishings and equipment that can restrict movement. Children need to move around in their environment in order to learn. Restrictive devices do not help young children learn how their bodies move.
<ul style="list-style-type: none"> • Outdoor area is used 1 hour daily year round, weather permitting. 	<ul style="list-style-type: none"> • The outdoor space must be easily accessible to adults and children who are currently a part of the program.
<ul style="list-style-type: none"> • Large active play area that is not crowded or cluttered. 	<ul style="list-style-type: none"> • Large area allows gross motor activity with few restrictions. Children should be able to take advantage of the area to practice their gross motor skills to a great extent.
<ul style="list-style-type: none"> • Ample materials and equipment for physical play to keep children active and interested. <ul style="list-style-type: none"> ○ Infants- small push toys, cradle gyms, blankets, balls, ramps for crawling ○ Toddlers- ride on toys without pedals, large push-pull wheel toys, balls , age-appropriate climbing equipment, tunnels ○ Preschoolers- Climbing equipment, riding toys, wagons, balls, basketball hoops • Age-appropriate materials need to be safe for all children that are allowed to use them. 	<ul style="list-style-type: none"> • Children should be given developmentally appropriate opportunities to practice gross motor skills through a variety of experiences. • Children need to be active in order to develop their gross motor skills.
<ul style="list-style-type: none"> • Some equipment can be used by each child in the group, including child with disabilities, if enrolled. 	<ul style="list-style-type: none"> • If there is a child with special needs that requires adaptations or special equipment, then these must be provided. Even in cases where an infant or toddler has very limited gross motor skills, active physical play should not be ignored.
<ul style="list-style-type: none"> • All space and equipment is appropriate for children <ul style="list-style-type: none"> ○ Cushioning surfaces in fall zones must be adequate. ○ Equipment should not allow falls from high places. ○ No sharp edges, splinters, protrusions, or entrapment hazards. 	<ul style="list-style-type: none"> • This ensures that children are safe in the outdoor play environment.

<ul style="list-style-type: none">• Outdoor space has 2 or more (at least 1 firm and 1 soft) types of surfaces permitting different types of play.<ul style="list-style-type: none">○ Grass, outdoor carpet, rubber cushioning surface, decking, and/or cement.	<ul style="list-style-type: none">• All children gain information about how their world works as they try out various activities on different surfaces. They also have better chances for successful practice of gross motor skills when the surface matches the skill they are practicing.
<ul style="list-style-type: none">• Outdoor has some protection from the elements.<ul style="list-style-type: none">○ Shade in the summer.○ Sun in the winter.○ Wind break.○ Good drainage.	<ul style="list-style-type: none">• The elements are the natural conditions associated with the outdoors and weather. The elements often provide pleasant experiences, such as warming sun or a gentle breeze. However they can also cause discomfort or problems in the outdoor space. Protection relieves discomfort or problems.
<ul style="list-style-type: none">• Materials used daily stimulate a variety (7 to 9 different skills) of large muscle skills<ul style="list-style-type: none">○ Crawling, walking, balancing, climbing, ball play.	<ul style="list-style-type: none">• The nature of the equipment gives children the opportunity to use their large muscles in particular ways. The intent is to stimulate a variety of skills, rather than a limited set.

SOURCE: Family Child Care Environment Rating Scale (FCCERS)

