



Physical Activity Policy

LULU ISLAND MONTESSORI Tel: 604.285.8600
NORTH CREEK MONTESSORI Tel: 604.687.6701
ANCHOR POINT MONTESSORI Tel: 604.677.1958
32138 CAMBIE RPO RICHMOND, B.C. V6X3R9

Physical Activity Policy

At North Creek Montessori, we recognize the importance of movement and physical activity for young children. Implementation of appropriate physical activity practices supports the health and development of children, as well as assisting in establishing a positive foundation now and the future.

All the activities in our environment are hands-on and have fundamental purposes. They encourage active movement that requires balance, coordination as well as the development of both fine and gross motor skills. Our school, and the adults in the environment, encourages all children to participate in a variety of daily physical activities that are appropriate for their age and developmental stage. In order to promote movement and physical activity, the curriculum provides all children with opportunities for active physical movements during their entire school day.

In a Montessori environment, there is not a schedule in where all the children are doing the same activity together. The Montessori pedagogy excludes prolonged sitting. Children have no electronic screen time in our Montessori curriculum. Each child regularly chooses different activities that consist of moderate physical activities, such as carrying buckets of water, puzzle maps, walking on the line, using materials that have weight, distance games, gardening, etc... Active play, described as vigorous in that it raises children's heart rates and may make them "huff and puff", such as running and jumping as well as yoga is part of the curriculum. The teachers bring the children outside for 30-40 minutes each day to playgrounds, the sea wall, and parks to allow facilitated and un-facilitated vigorous activities, such as tag, relays, body games, free exercises with a scarf, gardening, running, spontaneous play, and similar opportunities for exertion.

At North Creek Montessori, we have a "Ready for School!" policy. Please bring your child ready to be inside as well as outside the classroom as your child will participate in both indoor and outdoor physical activities. Therefore, clothes and shoes which are washable, practical, comfortable, allow for free and safe movement as well as being easy for children to manage by themselves are most appropriate. Overalls, tights, suspenders and belts are often difficult for young children to undo on their own. Flip-flops are unsafe. Parents must provide children with appropriate clothing for these indoor and outdoor activities during all seasons. Please label all garments with your child's name.

- In spring and fall, provide a jacket or sweater.
- In winter, provide a warm jacket, snowsuit, hat, mittens and boots.
- In summer, provide light clothing, hat, and sunscreen.
- On rainy days, provide boots and rain jacket.

It is our expectation that children will go outside everyday. If you feel your child is too ill to go outside, then the child is likely too sick to be at school. We request that you keep your child at home until he/she is well enough to go outside.

Thank you.
North Creek Montessori