

Outdoor Activities

POLICY: In center-based settings, the program must promote each child's physical development by providing sufficient time, outdoor space, equipment, materials and adult guidance for active play and movement that support the development of gross motor skills. The daily schedule will include outdoor play.

1. In the first 10 minutes of an outdoor experience, teachers will provide children with 10 minutes of teacher-directed play activities.
2. All outdoor experiences should support the child's development. Indoor educational activities can be brought outdoors i.e. books, musical instruments, and art projects. Outdoor experiences can support the child's social-emotional development through play with others and perceptual, motor, and physical skills with the use of trikes, balls, parachute games etc. Outdoor experiences are an extension of the classroom and teaching staff will plan to interact with children while they are outside.
- 3 Along with the permanent structures on the playground, there will be an assortment of developmentally appropriate equipment i.e. trikes, balls, hula hoops, and easel.
- 4 Teachers will take a fanny pack with first aid supplies to the playground during outdoor play.
- 5 Each day the teacher will assist children in returning the materials to the appropriate storage area.
- 6 Some classroom experiences can be provided in outdoor environments with proper preparations and materials- examples: easel painting, music experiences, snack time, story time, water play, etc.
- 7 For Head Start children ages three to five, the following items are recommended for use on the playground: jump ropes, balls, tossing games, shovels, buckets, pails, parachute, wood-working tools, etc. All materials will be developmentally appropriate for infants, toddlers and preschoolers.
- 8 Each day, before the children are taken outside the teacher will check the playground to ensure that it is safe for the children to use. Weather conditions should also be checked to determine if children can safely go outdoors for scheduled activities.

**Addendum to Child Inc Parent Handbook Published
for 2024/2025 Head Start Year**

CHECKING TEMPERATURES AND WEATHER CONDITIONS

1. A color-coded outdoor play temperature chart will be posted near the outdoor exit or at single classroom sites within the classroom. This chart provides temperature ranges using green for go, yellow for caution and red, for unsafe or different temperature ranges and factors.
2. The teacher will use local weather stations and/ or on-site thermometers along with posted outdoor play temperature chart to determine if conditions are safe for outdoor play.
3. The teacher will use this information and INDIVIDUAL HEALTH PLANS to determine if the temperature permits outside play and the length of outdoor activities.

NOAA's National Weather Service

Heat Index

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger