

Appendix G

North Carolina Child Care Rules Related to Physical Activity

Child Care Rule .0508 (b)(1)(2) specifically require that the schedule reflects a block of time for both active and quiet play and activities in indoor and outdoor areas.

Child Care Rule .0508 (b)(4) requires at least one hour of play outdoors daily.

Child Care Rule .0508 (c) requires at least thirty minutes of outdoor time for children under two.

Child Care Rule .0508 (d)(2) requires that the activity plan include a daily gross motor activity that may occur indoors or outdoors.

Child Care Rule .0509 (1)(2)(3)(4) requires materials and equipment to be maintained in both the indoor and outdoor play areas. It must be sufficient to provide a variety of play experiences that promote physical development and allow for vigorous play and large muscle development. This equipment may be teacher-made or home-made as long as it is safe and developmentally appropriate. The center shall provide space and time for vigorous indoor activity when children cannot play outdoors.

Child Care Rule .0511 (a)(b) requires that developmentally appropriate toys and activities are provided to children under two years of age to promote physical well-being. This includes storage of materials, sufficient quantity for access and choice, time for playing, and promotion of physical development by caregivers.

Section .0600 of the child care rules are the rules around safety and condition of the materials that are made available to the children in care. There are rules contained in this section around appropriate child-sized equipment, fall zones and surfacing. This section also covers storage of hazardous materials and maintenance of the equipment. Child Care Rule .0605 specifically covers the condition of the outdoor learning environment. This rule governs the specific fall zone requirements and the surfacing therein. The requirements around monthly playground inspections is also covered within this rule.

Child Care Rule .0714 (f) is the rule regarding supervision. This rule requires staff to provide adequate supervision. Adequate supervision shall mean that staff shall interact with the children while moving about the indoor and outdoor areas. In an outdoor environment, the interpretation would be that staff are engage in what the children are doing.

Section .1400 of the child care rules are the rules around indoor and outdoor space requirements. This includes areas focusing on playground and outdoor play area space, shade, supervision and aquatic activities.

Child Care Rule .2508 (c)(d)(e) requires that child care facilities provide age appropriate activities to school-age children including games or manipulatives, health education or wellness activities, sand and water play, and structured or unstructured physical activities. Also included in this rule is developmentally appropriate equipment and criteria for providing screen time.