



**Department of
Early Education and Care**
THE COMMONWEALTH OF MASSACHUSETTS

Small Group, Large Group and School Age Child Care Licensing

POLICY STATEMENT: Physical Activity and Outdoor Time in Half Day Programs

606 CMR 7.06(1)(b) The licensee must have evidence of a plan describing how program activities support and engage children through specific learning experiences. Such plan must be appropriate to the ages and development of the children served, to the length of the program day and to the program objectives. As appropriate, children must participate in the development of the plan, and the plan must provide for:

(5) at least 60 minutes of physical activity in full day programs

606 CMR 7.07(7) The licensee must maintain, or have access to, an outdoor play area of at least 75 square feet per child who is outside at any one time.

EEC recognizes the value of children being able to exercise and express themselves outside. Playing outdoors strengthens children's social, emotional, intellectual and physical well being. Therefore, half day programs must provide physical activity for all children at least 30 minutes per day which may occur at different times. A half day program is defined as a program operating and providing care for four or fewer hours per day. The program may meet the intent of this regulation by providing daily large muscle activities. Any space used for large muscle and physical activity, whether inside or outside of the center, must be approved by the Department before use by children.

Child Care programs that operate four or fewer hours per day and do not have access to suitable outdoor play space may meet the intent of the regulation requiring daily outdoor time by providing daily large muscle activities inside the center and/or occasional walks for the children out of doors. Any space used for large muscle activity, whether inside or outside of the center, must be approved by the Department before use by children.