

**DAILY SCHEDULE**  
Feel free to adapt to your centre's routines

		Typical day	Active Play Standards the schedule addresses
Arrival time	7:30–8:30	Free play (in and/or out)/Learning Centre child exploration/Reading	10 min of free play might be active play
<b>Integrated program</b>	8:30–8:50	Circle time	
	8:50–9:20	FMS coordination activity ( <b>overhand throw</b> )	1 coordination skill 30 min indoor active play
	Transition		
	9:30–9:55	Snack	
	Transition		
	10:00–10:20	Numeracy or Literacy	
	10:20–11:00	Arts and Craft - small groups	
	Transition	Dressing for outdoors	
	11:10–11:40	Outdoor time - FMS coordination ( <b>overhand throw</b> )	30 minutes outdoor 1 coordination skill
	Transition		
	11:50–12:20	Lunch	
	Transition		
	12:30–12:40	Reading	
	12:40–2:30	Nap/Rest time with restroom and stretching at the end	
	2:30–2:50	FMS locomotor activity ( <b>kicking</b> )	1 locomotor skill 20 min indoor active play
	Transition		
3:00–3:20	Snack		
Transition	Dressing for outdoors		
3:30–4:30	Outdoor time - FMS locomotor ( <b>jumping</b> )	60 minutes outdoor 1 locomotor skill	
Leaving time	4:30–5:30	Free Play (in and/or out)/Learning Centre child exploration/Reading	10 min of free play might be active play
<b>Breakdown of how the schedule meets the Active Play Standards</b>			Total active play = 140 min Total outdoor time 90 min 2 coordination skills 2 locomotor skills
<ul style="list-style-type: none"> <li>• Schedule the <i>outdoor time</i>, coordination and locomotor <i>FMS</i> activities, and <i>active play</i> when most children are there (8:30 am–4:30 pm or whatever is best for your centre).</li> <li>• Add transition time between activities especially around outdoor time.</li> <li>• Write in the schedule the FMS you are targeting with the active play activity.</li> </ul>			