

## Outdoor Lesson Plan Guidance

### Purpose:

Umatilla Morrow Head Start, Inc. has the development of the whole child in mind. Our goal is to include physical activity, specific to the development of gross motor skills and overall health, into the plan for each day. Outdoor time must be purposefully planned for with children's goals and integration of theme and multiple domains in mind.

### Procedure:

1. All staff will keep physical activity, gross motor development, and health the focus of outdoor lesson plans daily but may also include all domains of development.
2. Staff will ensure that children's goals include gross motor goals, to include regular physical activity.
3. Staff must ensure that all children participate in outdoor time at least 20 minutes daily.
4. Staff in full day classes may use the outdoor environment as an extension of the classroom (to include all domains) during the spring and summer, when weather permits and plan for at least 60 minutes of outdoor time daily. This use of outdoor time can only occur during one of the outdoor sessions and only if all the children present during this outdoor session were present for the outdoor session which focused on physical activity, gross motor development and health.
5. Physical activities should vary to ensure that the entire body is receiving exercise and there is development in all gross motor skill areas.