

6.7 Physical Activity Policy

Introduction

St Nicholas and St Faith Preschool believes that engaging in physical activities is essential to maintaining a healthy lifestyle.

All children are encouraged to take part in a range of age appropriate physical activities as part of their day.

Every effort is made to raise awareness about the importance of physical activity to both children and adults.

On occasions parents/carers are invited to come and participate in physical activities and events.

Management of the Physical Activity Policy

Members of staff and all our partners including parents/carers have been made aware about this policy.

It is adhered to by everyone involved with the setting. All parents have access to a copy of this policy.

The impact of this policy is reviewed on an ongoing basis to reflect any new guidance. The policy is communicated to the setting and new families/staff are made aware of its importance.

Policy Aims

The main aims of our physical activity policy are:

- To increase activity levels of children and mothers, fathers and carers through the provision of a supportive environment conducive to the promotion of physical activity
- To raise awareness of the need to be physically active in order to maintain a healthy lifestyle

Here at St Nicholas and St Faith Preschool the activities provided encourage a range of basic skills and link in with local and national recommendations where both indoor and outdoor physical activity is supported to ensure that children within our pre-school are active.

St Nicholas and St Faith Preschool is also aware of local and national requirements to



reduce childhood obesity. At St Nicholas and St Faith Preschool, each child is given opportunities to reach their full potential and ability, with further provision for enhancing all round development.

Equal Opportunities

All children at St Nicholas and St Faith Preschool, including those with special needs, are entitled to a comprehensive programme of physical activity opportunities which allows everyone to improve their skills of co-ordination, manipulation, control and movement to develop positive attitudes towards physical activities including sports.

St Nicholas and St Faith Preschool are also inclusive of children from different cultures and religions and staff are aware of the need to be sensitive to individuals' beliefs about what is acceptable in relation to physical activity. Staffs are creative in their approach for inclusion of children from these backgrounds in relation to physical activity.

Planning, Resources, Teaching and Learning

Planning for both indoor and outdoor physical activities is based on the Early Years Foundation Stage. The Pre-school holds special events for the children which promote physical activity such as sponsored walks, Tamar Toddle and Road Safety week activities.

Physically active play is planned for each session. St Nicholas and St Faith Preschool ensures that children have the opportunity to participate in activities that are planned to develop the three main types of physical activity for the under 5s: Physically active play, Developmental activities and Everyday activities. St Nicholas and St Faith Preschool use national guidance to support their planning of physical activity. This ensures the children attending St Nicholas and St Faith Preschool will make progress in their physical development to enable them to be more active, move with confidence and control and to encourage learning.

Supportive Environment

St Nicholas and St Faith Preschool endeavours to produce an environment which promotes physical activity throughout each day by providing a range of equipment



and resources and staff deployed to support children within our environment and take part in the planned activities. We also zone different areas to provide different types of play.

There is an identified member of staff trained to conduct risk assessments and establish suitable arrangements for off-site visits; parents accompany us on off-site visits. Although managing risk specifically refers to play provision, there are elements of risk associated with physical activity. Staff members at St Nicholas and St Faith Preschool are aware that in order for children to learn about managing risks associated with physical activity, the provision aims to respond to these needs and wishes by offering stimulating and challenging environments. Through these environments, children need to explore and develop their own abilities and by providing these types of situations the provision aims to manage the level of risk so that children are not exposed to unacceptable dangers.

All staff are aware that if the physical activity provision which they have planned is not challenging enough for children it is likely that children will seek risks elsewhere in an environment that is not controlled or designed for them. However, children need to be able to take some level of risk within a controlled environment in order to deal with problem solving skills.

Partners with Parents/Carers

Parental support is vital to help young children make the most of being active all day and every day. By working closely with parents and carers we can ensure that the families that attend our nursery are aware of the importance of physical activity for their children and themselves.

We display information about events in the local community, including places of local interest and family activities you and your child can do there.

We communicate with parents and carers about our physical activities through:

- newsletters
- notice boards
- setting's website and face book page
- informal contact at drop off and pick up times.
- Tapestry Learning Journal

We require parents' support in getting our children ready to play outdoors by providing clothing for your child to play outside in all weathers (apart from the most extreme weather conditions). They'll need a warm coat, hat and wellies for the winter months. We supply waterproof clothing for wet weather days.

In the summer, sun hats, sun cream and thin long sleeved tops are essential for hot



weather, and parts of the garden are shaded.

Active Travel

Active travel is valuable for keeping us all fit, especially children. It involves activities such as walking, pedalling a bike or trike or using a scooter to travel. As well as offering both children and families an opportunity to build physical activity into their daily routine, it provides a great chance for young children to learn about road and pedestrian safety.

We have some space to store, buggies, bikes, trikes and scooters at the nursery.

Review

Date policy implemented:

Review Date:

