



## Physical Activity Policy

### INTRODUCTION

Polegate School Nursery is committed to promoting the health and well being of its children and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Polegate School Nursery.

The policy was formulated through consultation with the Nursery staff during team meetings, and the thoughts of parents/carers taken into consideration through informal dialogue, questionnaires, 'Dear Parents' letters, and multi media opportunities. The children were also involved through a number of methods including observations of their engagement with resources and adult led opportunities, and oral feedback for example their opinion on new equipment.

It was formally adopted in April 2017.

Copies have been given to staff, kept in office and displayed for parents.

### DEFINITION OF PHYSICAL ACTIVITY AND CURRENT RECOMMENDATIONS

Physical activity in young children is defined as ...

**'...activity that involves trunk movements and more exertion than the minimal movement required to carry out simple everyday tasks such as washing, bathing, dressing, or activities such as playing board games or other passive play'**

*Making the case for UK Physical Activity Guidelines, Early Years Working Paper*

1. Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day.
2. All under 5s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).

NHS, Live Well - Physical Activity guidelines for children under 5 who are walking

### PHYSICAL ACTIVITY AIMS & OBJECTIVES

**Aim:** To ensure that all aspects of physical activity in the setting are promoted for the health and well being of children, staff and parents/carers.

**Our specific objectives are as follows:**

1. To enable children, staff and parents/carers to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
2. To provide and promote opportunities for staff and children to be physically active throughout and beyond the setting
3. To increase physical activity levels of children in line with national targets

## **FACILITIES & RESOURCE PROVISION**

Polegate Nursery currently has a wide range of outdoor and indoor resources that support both fine and gross motor skills and opportunities for light and active play. We have a climbing rope, slide, tunnel, sensory path and grassy area on site. We can also use the school field, mugga for balancability sessions and trail assault course. Our resources include play gym equipment, stepping logs, balancing rope, river stones, balance bikes, trikes and scooters, wheelbarrows, large construction blocks, grassy area, small and large loose parts eg tyres, planks and crates, natural resources, basketball hoop, help yourself trolley including balls, skipping ropes and items to throw and catch as well as parachutes.

## **PHYSICAL ACTIVITY CO-ORDINATION**

The settings physical activity co-ordinator is Sharon Trent , Nursery Lead Teacher. She has responsibility for developing policy and practice and monitoring physical activity provision.

## **STAFF DEVELOPMENT**

Staff have a responsibility to promote physical activity and to support physical development. We feel it is essential for our staff to feel confident in delivering and supporting physical activity so core staff have attended the following activity courses 'Phunkyfoods' and 'Balancability' this year and feedback to the rest of the team through team meetings.

## **ETHOS & ENVIRONMENT**

Polegate Nursery strives to maximise opportunities for children and all associated with the setting to be physically active by promoting all avenues for activity. This includes through the Early Years Foundation Stage, the environment and wider community.

## **PRACTITIONER LED/STRUCTURED ACTIVITY**

The setting provides children aged 2-4years old with adult led activities through out the week. This includes 1:1, paired, small group and large group opportunities tailored to the needs of the children and linked to where they are at in the physical development. (Development Matters EYFS Curriculum)

## **ACTIVE PLAY**

In addition to the amount of structured physical activity children engage in the children also have free flow throughout their morning and afternoon sessions, indoors and outdoors, with free access to a range of resources in an enabling environment that promote active play. Effective learner skills are also encouraged such as risk taking, creating challenges and using their senses to explore the world around them.

## **PARENTS/CARERS AS PARTNERS**

Polegate Nursery understands parents/carers are crucial to encouraging their children to be active. Polegate Nursery therefore aims to making parents/ carers aware of the minimum activity recommendations, provide parents/carers with ideas on how to keep their children active and to liaise with parents/carers about their child's activity levels through the identified key person.

## **ACTIVE TRAVEL**

Please refer to the Setting Travel Plan for details of how we promote travel to setting.

## **EQUAL OPPORTUNITIES**

All physical activity opportunities offered at Polegate Nursery are designed to be inclusive, and cater for different ability levels. For more information please refer to the school's inclusion policy.

## **STAFF ACTIVITY**

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, e.g. as part of practitioner sessions and outside of the setting.

## **HEALTH & SAFETY**

Please refer to the setting's Health and Safety Policy and Risk Assessment.

Use of any external personnel including activity leaders and volunteers will be in line with the settings policy on CRB/staffing checks and follow safeguarding procedures.

## **MONITORING & EVALUATION**

The physical activity co-ordinator will have lead responsibility for the monitoring of physical activity in the setting. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives. The policy will be reviewed annually.

Signed: Sharon Trent

Date: April 2017