



Statutory framework requirement: Physical Development

Physical activity is vital in children's all-round, enabling them to pursue happy, healthy and active lives.

Physical Activity Policy

Policy statement

Hartfield Playschool is committed to promoting the health and well-being of its children and staff through physical activity. 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.

CURRENT RECOMMENDATIONS Current UK physical activity recommendations state that children should be active for a total of three hours every day

Aims

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:

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.

To provide and promote opportunities for staff and children to be physically active throughout and beyond the setting

To increase physical activity levels of children in line with national targets

To build children's confidence to take manageable risks in their play.

To motivate children to be active and help them develop movement skills through praise, encouragement, games and appropriate guidance.

To notice and value children's natural and spontaneous movements, through which they are finding out about their bodies and exploring sensations such as balance.

To provide time to support children's understanding of how exercise, eating and hygiene promote good health.

Body skills are taught as well as spatial awareness to develop coordination.

To allow sufficient space, indoors and outdoors, to set up relevant activities for energetic play.

Introduce appropriate vocabulary to children, alongside their actions.

To give children opportunities to use a range of equipment to persist in an activity, practicing new and exciting skills and learning from their mistakes.



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Objectives

The settings physical activity coordinator is our Early Years Manager. They have responsibility for developing policy and practice and monitoring physical activity provision. 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 staff have attended the following activity courses: Loughborough University : Early Movers, This training has also been cascaded to other members of staff during our regular staff meeting

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

The setting provides children with open ended, free flow play enabling them to make choices and be physically active both inside and out throughout their sessions both morning and afternoon. This is facilitated by our setting environment which is designed to encourage children to be physically active.

PARENTS/CARERS AS PARTNERS

Hartfield Playschool understands that parents/carers are crucial to encouraging their children to be active and therefore aims to make 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 their identified key person.

EQUAL OPPORTUNITIES

All physical activity opportunities offered at Hartfield Playschool are designed to be inclusive, and cater for different ability levels and ages of children in our care.

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 our sessions playing alongside and with the



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children but we also encourage our staff to be active and being positive active role models for the children and their parents/carers

HEALTH & SAFETY

Please refer to the setting's Health and Safety Policy and Risk Assessment file. Use of any external personnel including activity leaders and volunteers will be in line with the settings policy on DBS/staffing checks.

MONITORING & EVALUATION

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

Further information can be found here [help-your-child-move-and-play-every-day.pdf](http://eastsussex.gov.uk/help-your-child-move-and-play-every-day.pdf) (eastsussex.gov.uk)

This policy was created by the Early Years Manager: Debbie Arnett and adopted by Hartfield Playschool staff and Trustees in September 2018.

Review Date: September 2019

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Reviewed: