

## **Physical Activity (Indoors and Out)**

Current UK guidelines\* recommend that:

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.

Adults should aim to be active daily. Over a week adults should be doing up to at least 150 minutes (2½ hours) of moderate intensity activity.

We are committed to promoting the health and well-being of the children and adults who use our setting by providing an environment, resources and activities that encourage physical activity. We have a designated Physical Activity Coordinator, Gill Watson.

### **Environment and Resources**

- We operate a free-flow system where children can move freely between our indoor and outdoor spaces, offering children lots of opportunities for unstructured, spontaneous physical play.
- We provide a safe and secure environment for physical activity; all our equipment and activities are risk assessed and regularly checked by the staff.
- Our indoor and outdoor environments, resources and equipment provide lots of opportunities for children to be physically active, exploring all areas of learning and development identified by the EYFS.
- Children are encouraged and supported to take challenges and to start to assess risks.
- The children's interests are followed and enhanced through our portable continuous provision.

### **Practitioner-Led/Structured Activities**

- Regular dancing/yoga sessions for children with staff participation
- Circle games, action songs and rhymes
- Sessions led by qualified and coaches (football, karate, keep-fit, dance)

- Regular walks within local community, for example, the Library, Warwick flats, the shops and park.

### **Activity for All**

- We provide the opportunities, facilities, equipment and support to encourage all the children in our care to participate in physical activity appropriate to their individual needs and abilities.
- Where necessary, we liaise with outside agencies and health professionals to ensure children's individual physical needs are fully supported.
- The children are observed at play, and with their views taken into account, new play equipment is purchased.
- Children are encouraged to be physically active in all weathers so we provide appropriate clothing and resources in the boot shed throughout the year and a sun awning for hot weather has been installed.
- The location of our setting means that parents have to walk to drop off and collect children. Our close proximity to the local primary school encourages parents to walk or cycle on to us after dropping off and collecting older siblings.

### **Staff**

- All staff know the current UK guidelines for physical activity for both children and adults; they understand the importance of physical activity for the current and future health and development of children and adults.
- Staff support children to understand how being active helps to keep them healthy through stories, role-play, discussion, song, as well as, creative and physical activities.
- All the staff participate in physical activities with the children, providing effective role-models for the children and their parents.
- Children are encouraged and supported by staff to take challenges and to start to assess risks for themselves.
- Staff are encouraged to walk or cycle to work and there is space for bicycle storage.
- A weekly yoga session is run for all staff (including previous employees).

### **Partnership with Parents**

- Staff regularly discuss issues regarding a child's individual physical activity needs with parents, and where necessary additional appropriate action is implemented.
- Parents are consulted about our physical activity provision in regular questionnaires, as well as, pre and post session chats.
- We have a dedicated 'Healthy Tots' notice board.

- Our termly newsletter regularly features articles on the importance of being physically active.
- We link activities and provide further information in conjunction with local and national activity and exercise initiatives.
- We have a Community Notice Board in the entrance hall which gives information on physical activities in our local area.

**“Being outdoors has a positive impact on children's sense of well-being and helps all aspects of child development.”**