



Physical Activity Policy

At Little Bicks nursery we aim to promote the health and well-being of the whole setting through encouraging physical activity and providing consistent messages to children, parents and staff.

We are aware that children of all ages should be active.

Being active is important for children under five because it helps them to build and maintain a good level of health; physical activity is essential for growth and development. Children under five need time to play and learn new skills; the early years are also an important time to establish good habits relating to physical activity.

Below is the guidelines set out by the Chief Medical Office regarding how much physical activity children under five should be doing:

Under 5s who are not yet walking:

1. Physical activity should be encouraged from birth, through floor-based play and water-based activities.
2. All under 5s should limit the amount of inactivity, for example, being restrained in walking aids or baby bouncers or sitting in baby carriers or seats.

Under 5s who are walking

1. Children of pre-school age should be physically active for at least 3 hrs throughout the day.
2. The use of screens including watching television, using the computer or smart phones should be reduced to encourage physically activity.

Physical activity

At Little Bicks we base our Indoor and outdoor physical activities on the Early Years Foundation Stage guidelines.

For children who cannot walk we ensure that they have adequate space to move freely throughout the nursery. We encourage movement through the use of a treasure basket which helps encourage children to reach and grasp as well as the soft play area.

For the older children we use claiming frames, balls, building blocks, streamers, action songs and parachute games. We encourage the children to participate in yoga and gymnastics as well as sports games. We ensure that the children have sufficient time outdoors. Activities are planned as well as having free-flow play. The children have access to balls, hula hoops, tyres and physical climbing frames. They are able to be creative in stimulating and safe environment.

We also have a planned outing to a farm and soft play area this is open to all children.

We are aware that in order for children to learn about managing the risks associated with physical activity we need to offer stimulating and challenging activities in a safe environment whilst allowing them to explore and develop their own abilities. We conduct risk assessments, both internally and for off-site visits to ensure the safety of our activities.

We minimise the amount of time children spend being sedentary for extending periods (except time sleeping)

This includes any low-energy activity such as sitting or lying down which limits the child's opportunity to move. For example, buggies, chair or car seats unless for safety reasons or sitting devices if children are unable to sit unaided. Children are only required to sit when eating and not for extended periods of time.

We provide suitable physical activities for all

All children, including those with special education need and disabilities (SEND) are entitled to a comprehensive programme of physical activities.

Working with families.

We are confident in giving out advice to parents and carers in relation to families adopting healthy lifestyles and being physically active. We encourage parents to walk, scoot or cycle with their children for part or all the way to the nursery. We facilitate this by providing a safe place to store scooters and buggies. We hold special events for the children, which promotes physical activity such as sport day, trips to local shops, visits to our other settings and fun runs.

We hold parenting programmes to help parents understand the importance of being physically active and children's development.

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| Date policy was reviewed | March 2021 |
| This policy is due for review before | March 2022 |