



Physical Activity Policy

Policy statement

Bitterne Community Pre-School considers that all children should engage in physical activities, we believe this is crucial for sustaining a healthy lifestyle. Everyone in the takes part in physical activity in the setting, both children and adults join in singing, dancing, running, jumping and lots of other physical activities. Parents/Carers are welcome to come and join us in any activity.

We use both the inside and outside areas of the setting for the activities, all ages and stages of our children are planned for and all children are included.

Aims

Raise awareness about the importance of physical activity for both children and adults. To provide varied physical activities that are age appropriate and accessible to all the children in the setting daily. We make every effort to create an environment, which promotes physical activity throughout each session. We use a choice of resources and staff are always fully involved to support the children within our setting to take part in the planned activities.

We talk to the children about exercise and how it makes their body feel, we talk about what we need to eat, drink and wear to be able to take part in physical activities.

Objectives

- *To be a positive role model to all children when taking part in activities.*
- *To ensure that all children are encouraged and provided opportunity to meet the national guidelines in respect of physical activity of 180 minutes a day pro-rata to the time spent in the setting.*
- *To provide age-appropriate resources for active play.*
- *To provide opportunity for all children to practice a wide range of physical activity co-ordinating and using both fine and gross motor skills.*
- *To encourage active travel within the setting and amongst families.*
- *To encourage and ensure opportunity exists for both indoor and outdoor play on a daily basis.*
- *To allow children to become independent when playing and to take reasonable risk to allow them to develop their physical skills.*
- *To limit screen-based time to a maximum of one hour a day pro-rata to the time spent in our care.*

Appropriate clothing for physical activity

Children must wear suitable clothing and foot wear for physical activities and they must also be suitable for the weather. We would suggest loose fitting clothing and flat comfortable shoes; children will get hot and loose fitting shoes or shoes with a heel could cause your child to fall. Where ever possible, facilities and resources provided are inclusive.

This policy supports the following requirements;

- National guidelines on physical activity levels and levels of sedentary behaviour.
- Safe Guarding and promoting children's welfare.
- Enabling environments Early Years Foundation Stage.

Working with and supporting parents

- Constant updates of the activities that are taking place in the setting, using Facebook, Tapestry and posters.
- Our newsletter will always include an article on the physical activities we are using at that time.
- Send out parent questionnaires twice a year.
- Sharing ideas with parents on how to keep moving & less screen time.
- Sharing ideas with parents on activities in the local area.

Our lead on physical activities for our setting is: Vicki Lamprey

Vicki will ensure that all the physical activities are carried out daily and that all children are involved. She will also ensure the full participation of the settings team, all practitioners will be involved and be a positive role model for all children when they are in the setting and taking part in the activities.

Sedentary Behaviour

Children in the early years should be discouraged from being inactive; sedentary should not last for more than one hour at a time, except when sleeping. This includes time restrained in a high chair, small playpen, car, buggy, watching TV or other screen time, or any other sedentary behaviour that limits the benefits of physical activity.

Active travel

Active travel means walking or running short distances; this could be walking to pre-school or the local shops. Letting your child out of the pushchair for walks or if it's too long letting them in and out as you go. Using scooters or bikes for short trips to pre-school or the shops or when you visit friends and relatives locally.

Observations

Observations of your children taking part in the physical activities will be taken by the practitioners and shared with you on tapestry and at parents evening.

Consultation

We will constantly keep you updated on our progress through tapestry, facebook and questionnaires. We would be grateful for any feedback about the physical activities you would like to share with us.

This policy was adopted by

On

Date to be reviewed

Signed on behalf of the provider

Name of signatory

Role of signatory (e.g. chair, director or owner)

Bitterne Community Pre-School

28/11/17

September 2018

Robin Wallace

Chairperson