

Physical Policy

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Policy

Title: **Physical Policy**

From: **Early Years Centre**

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Here at the early years centre we recognise the importance of physical activity and the role it has in the optimal development and growth of each child.

The recommended physical activity guideline for walking children under 5 is 180 minutes (3 hours) per day. At the centre we aim to protect against long periods of inactivity whilst providing opportunities for physical activity within a balanced routine and in line with the Early years foundation Stage curriculum, comprising of light, moderate or more vigorous activities.

Research shows that being physically active aids the development and maintenance of:

- Motor skills
- a healthy weight
- Strong bones, muscles and heart
- Social Skills
- Self confidence
- Communication skills
- The establishment of good life-long habits for being active
- Important brain structures

Physical activities for non-walkers help our youngest children to:

- Develop all their senses
- Interact with others
- Build social and emotional bonds with adults and other children
- Develop good postures, strength and balance
- Keep their bodies and minds active
- Maintain a healthy weight

To promote Physical Activity at the Early Years Centre we will:

- Ensure that children are engaged in activities that stimulate all 5 senses.
- Ensure all activities for all age groups take place both indoors and outdoors on a daily basis.
- Links about the importance of healthy eating to physical activity are demonstrated through planning mechanisms.
- We provide opportunities to experience different forms of physical activity in safety.
- Babies are not kept inactive (during awake time) for more than 1 hour at a time. They have opportunities to move around on their stomach and back in a variety of free spaces and on different floor surfaces, without being restricted by tight wraps or clothing.
- Babies have opportunities to practice reaching, grasping, pulling, pushing and playing with people, objects and toys.
- Toddlers and pre-schoolers are encouraged and have the opportunity to be active for at least 3 hours every day. This includes short bursts of activity, spread throughout the day, providing a

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balance of light (such as playing or building on the floor), and vigorous (such as running or jumping) activities.

- They children have the opportunity to practice a wide range of physical activity co-ordinating and using their fine motor skills. This includes everyday actions such as picking up small objects, holding something fragile, and holding and using tools.
- Children have the opportunity to practice a wide range of physical activity, co-ordinating and using their gross motor skills. This includes activities such as jumping, lifting, balancing etc.
- Opportunities for physical activity take into account all the children's individual needs and stages of development and supports the overall Early year's foundation stage curriculum in relation to physical activity.
- Staff act as role models by promoting the importance of regular physical activity, and are actively participating.
- The setting signposts staff and parents/carers to local facilities, groups and clubs where they can participate in physical activity with their children. Staff may also be signposted to opportunities offered by Active Workplaces.
- The setting promotes the importance of physical activity e.g. through a newsletter or the notice board.
- Physical activity and positive role modelling is covered in induction for all new staff.
- The Setting removes barriers to participation which is identified through feedback or observation.
- Indoor and outdoor play environments are welcoming, clean, safe, and inspirational and promote positive social interaction and creativity.
- Appropriate clothing for indoor and outdoor play is available at all times.
- Staff actively encourage and support children to try new play experiences and staff act as positive role models by taking part in active play themselves.
- For infants who are not yet walking, physical activity is encouraged from birth, particularly through floor-based play and water-based activities in safe environments.
- Children spend no more than one hour at a time being sedentary, restrained or inactive with the exception of time spent sleeping. Children under 2 years do not spend any time watching television or using other electronic media and for children 2-5 years, these activities are limited to less than 1 hour a day.
- Visitors are used to enhance active play opportunities for the children and active travel is encouraged and promoted in the setting.

Links:

<http://www.bhfactive.org.uk/early-years-resources-and-publications-item/39/426/index.html>

<http://www.bhfactive.org.uk/userfiles/Documents/guidelineswalkers.pdf>