**Mucky Pups Preschool**

**Physical activity policy**

**Aim**

*The aim of this policy is to ensure that all the staff and children in our care understand the importance of physical and active play as part of their learning and to promote this to the wider family in a positive way to improve the health and well-being of all.*

Physical activity in young children is defined as …

‘…activity that involves trunk movements and more exertion than the minimal movement required to carry out simple everyday tasks such as washing, bathing, dressing, or activities such as playing board games or other passive play’

Making the case for UK Physical Activity Guidelines, Early Years Working Paper

1. 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.

2. All under 5s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).

NHS, Live Well – Physical Activity guidelines for children under 5 who are walking

Our specific objectives are as follows:

1. 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

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

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

Facilities

Mucky Pups Preschool currently has a wide range of outdoor and indoor resources that support both fine and gross motor skills and opportunities for light and active play. We have an open-door policy to a large outdoor area which includes different surfaces including concrete, bark, artificial grass. We also have access to a field and a pitch for larger games. Inside we have spaces where the children can take part in action rhymes, dancing and movement. We have a large hall we use for soft play and bikes, trikes and balls when there is extreme weather.

Our resources include play gym equipment, stepping logs, balancing rope, river stones, balance bikes, trikes and scooters, wheelbarrows, large construction blocks, small artificial grassy area with a mud kitchen, small and large loose parts eg tyres, planks and crates, natural resources, bark, help yourself box including balls, skipping ropes and items to throw and catch as well as parachutes.

Our objectives;

* To promoting and improving the mental and physical health and wellbeing of all children and practitioners at Mucky Pups (see also Healthy Eating, well-being and safeguarding policies)
* To raise the physical activity levels of the whole nursery through the provision of a supportive environment conducive to the promotion of physical activity by getting all the children outdoors as much as possible and let the children explore the natural environment.
* To promote positive attitudes towards participation in physical activity where all children and practitioners learn and play outside for at least part of each session.
* To maximise opportunities for physical play in an inclusive manner, adapting activities and resources to enable all children to participate.
* To operate a free-flow system between the garden and indoors and encourage all children to explore the outdoor space.
* To explore and play outdoors in all weather conditions, on the rare occasions when there are extreme weather conditions which force us to stay indoors, we will incorporate physical activities into our indoor activities.
* To increase children’s knowledge and understanding of the importance of physical activity through our Special “Mini Motors” Day alongside continuous provision
* To develop social skills through group songs, games and activities
* To include active games for indoor and outdoor play
* To include action songs and nursery rhymes for all ages throughout the day and in all areas of provision
* To encourage all staff to participate in activity provision of safe and stimulating areas in which children can be active
* To provide varied developmentally appropriate physical activities for all the children to enjoy regularly throughout the course of every session.
* To provide activities across all areas of the EYFS in our garden and change these regularly to maintain children’s interest.
* To encourage children to help choose activities and to have a balance of both adult-led and child-led activities.
* For practitioners are encouraged to be good role models for the children and so will engage in physical play alongside the children.

*Parent role*
We share news of local clubs and events through leaflets, recognising the importance of physical activity for the health of families as a whole.
We encourage parents and carers to take part in physical activity with their children at home with our balance bike loan scheme.
We ensure that children are dressed appropriately for outdoor play and encourage them to change their shoes, put on coats and wet weather trousers independently to encourage school readiness.

*Monitoring and Review*

This policy is monitored regularly by the manager to ensure it is up to date with the requirements of the EYFS.

Date policy adopted on: 1st September 2022 Date for review: 1st September 2023

Signed: J E Wills Position: Manager