



Physical Activity Policy

Here at Little Star we are committed to providing the best possible care for your children and this includes ensuring they have access to the outdoors and physical activity all day long, all year around. We have achieved the DPHA award (department of health) as a recognition of this dedication.

“Children under five should not be inactive for long periods, except when they're asleep. Watching TV, travelling by car, bus or train, or being strapped into a buggy for long periods are not good for a child's health and development. There's growing evidence that such behaviour can increase their risk of poor health.”

Babies

Babies should be encouraged to be active throughout the day, every day. Before your baby begins to crawl, encourage them to be physically active by reaching and grasping, pulling and pushing, moving their head, body and limbs during daily routines, and during supervised floor play, including tummy time. Once babies can move around, encourage them to be as active as possible in a safe, supervised and nurturing play environment.

Toddlers

Children who can walk on their own should be physically active every day for at least 180 minutes (three hours). This should be spread throughout the day, indoors or outside. The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping. Active play, such as using a climbing frame, riding a bike, playing in water, chasing games and ball games, is the best way for this age group to get moving.

(source: NHS Physical Activity Guidelines).

In recognition of the above importance for all children to be active we at Little Star take the following steps to encourage a healthy attitude to physical play:

- ✓ Plan an ENVIRONMENT that encourages movement around the setting:
Children are encouraged to access resources themselves rather than having items got or sourced for them.
We consider a space that allows for enough freedom of movement
All children have access to the outdoor space which has a range of heights/ surfaces for all children to negotiate.
- ✓ RESOURCES in the setting encourage light activity (such as standing at an easel or water tray; Paint activities that require the child to stand and use full body action, pushing trucks or cars along a track; playing in the role play area) as well as more energetic activity such as providing stilts for walking on, steps and step ladders for climbing on, balls, ride on toys, climbing frames and a variety of different surfaces to negotiate in the garden, including open ended resources for the children to build and set their own physical challenges.
- ✓ We recognise that access to the outdoor environment is crucial to promoting physical activity so ensure that all children are allowed to participate in outdoor play at all times and in all weather conditions: providing the correct outdoor wear.
- ✓ Specific activities are planned to promote physical activity: such as music and movement sessions, gardening, obstacle courses, ball games or races; crawling or reaching out for different materials for our non walkers.
- ✓ Frequent visits to the local park that allows use of a range of different physical skills from climbing, rolling to swinging on handles.
- ✓ Nature School sessions in the surrounding countryside, including challenges such as climbing stiles, hills, swinging from a rope, climbing trees, building bridges, negotiating a fallen tree trunk, or just the physical activity of walking and being allowed free run in the fields.
- ✓ Children will be asked to consider the workings of their bodies: how they are feeling and what makes them healthy. This can be done through daily 'get up and go' sessions that form part of the daily morning routines for all age groups and when conversing with the children at meal times.
- ✓ All staff will consider their key children's specific needs as part of the Physical Development area of learning and discuss this with parents: for example how to encourage a child to jump from two feet, to crawl or to tackle challenges more readily.

As part of our commitment we invite parents to continue our philosophy at home thus share with parents ideas for trips and activities in our newsletters and other sharing of information.

We realise that given the restrictions of location of many of our families and other demands on routine, walking to nursery is not always practical but we teach road

safety as a matter of course as we frequently leave the premises to walk along the roads of the village.

Risk assessments are shared with the children for all aspects of physical play both in the setting, the garden and before we go out on each off site visit. This ensures children take an active role in keeping themselves healthy and safe.

Policy reviewed September 2021