

ABC NURSERY POLICIES AND PROCEDURES**POLICY 53: Physical Activity**

53.1 The aim of this policy is to ensure that all aspects of physical activity in nursery are promoted for the health and well-being of the whole nursery community.

53.2 This policy is written to:

- Demonstrate the ethos of the nursery as a health-promoting environment
- Highlight the importance of physical activity in addressing the increasing nationwide obesity epidemic

53.3 Objectives for children:

- Develop gross and fine motor skills, co-ordination, body and spatial awareness
- Develop a positive attitude to physical activity
- Become aware of the importance of regular exercise and the immediate and long-term effect it has on their bodies
- Learn how to work individually, co-operatively and safely
- Be able to respond creatively to a variety of stimuli
- Through physical activity, acquire life skills and values such as a sense of fairness, self-worth, honesty, concentration, listening skills

53.4 Objectives for Adults:

- Support and demonstrate an attitude of inclusion which enables nonparticipants and children with disabilities to access the learning objectives for Knowledge and Understanding, and to access skill objectives (adapted where necessary) according to their capabilities.

53.5 How we will ensure these objectives are met:

- Be aware that children have different learning styles and provide for auditory, visual and kinaesthetic learners in lesson planning and delivery
- Explain in simple terms the benefits of regular physical exercise, what happens to our bodies when we exercise, and how we can demonstrate this e.g. taking pulse, noting breathing rate; what happens to our bodies when we don't take exercise
- Provide opportunities for individual, paired and group working

- Teach children safety rules in dress and when using and moving apparatus and to assess risk involved in activities
- Use well-maintained, attractive and stimulating resources
- Praise and encourage children's best efforts
- Use outside resources (e.g. Fun Football coaching) where appropriate, encouraging children to take part in extra-curricular and family-based activities

53.6 At playtimes and lunch times we will make a range of equipment available to all children. In addition, children will be encouraged by staff members to participate in physical activity during their sessions outside.

53.7 The nursery will develop appropriate, safe and exciting playground areas, by varying the use of the wide range of outdoor play equipment available. The range of equipment the nursery provides will aim to develop a wide range of children's skills, including hand-eye co-ordination, balance and spatial awareness

53.8 Implementation and Monitoring. The nursery owners and managers will:
In addition, the subject co-ordinator will:

- Help staff to access courses or training which they feel would be useful
- Ensure that resources and equipment are regularly updated, renewed, replaced and serviced
- Ensure that physical activity in the nursery is given a high profile by publicising events, celebrating success and inviting parents and the wider community to share in them.