

PHYSICAL ACTIVITY AND PLAY POLICY

POLICY STATEMENT:

Here at 'Happy Dayz Nursery' recognise that physical activity and play are an essential part of children's physical, mental, social and emotional health and well-being. Therefore play is a fundamental part of daily routine.

HOW POLICY WILL BE IMPLEMENTED (Specific Policies & Procedures):

This policy should be read in conjunction with the following policies:

- Birth to three matters
- Foundation Phase curriculum (Physical Development, Creative Development, Personal and Social Development, Well-being cultural diversity).
- To provide a stimulating play environment for all children regardless of their physical, social and cultural needs.
- To ensure that all children have the opportunity to be physically active and to avoid sedentary positioning for long periods of time.
- To ensure that all children experience a variety of physical opportunities beyond the setting environment. For example, the local park.

Children under 5 and not yet walking:

- All children will be encouraged to take part in regular play activities.
- The amount of time children are sedentary will be limited.
- Floor based play will be encouraged throughout the day e.g. tummy time, reaching and pulling, rolling. This is regarded as a social time for young children.
- Opportunities for outdoor physical activity are regularly provided.

Children under 5 who are capable of walking:

- The setting is working towards the Welsh Government's guidelines of 3 hours of physical activity throughout the day.
- All staff recognises that physical activity can be through structured or unstructured play.
- Children will be given a choice of activities on a daily basis.
- All children will have the opportunity for energetic play e.g. running, climbing, riding bikes.

Opportunities for outdoor physical activity to promote larger movements are provided daily.

OTHER CONSIDERATIONS

- All staff are aware of the importance of physical activity.
- Parents/carers and guardians will be encouraged to be active with children.
- Parents/carers are invited to provide comments on this policy and physical activities within the setting.
- Resources for indoor and outdoor play will always be available.
- The setting will provide outdoor clothing e.g. wellingtons, waterproofs.
- Parents will be asked to provide suitable jackets/coats, sunhats and suncream.
- All staff will wear appropriate clothing.

References

Welsh Government, (2011). Fact sheet- physical Activity Guidelines for Early Years (under 5s) - for infants who are not yet walking. Cardiff: WG

Welsh Government, (2011). Factsheet- Physical Activity Guidelines for Early Years (under 5s) – for infants who are capable of walking. Cardiff: WG

Welsh Government, (2002). Play Guidelines. Cardiff: WAG

Welsh Government, (2011). Start active, Stay Active. Cardiff: WA

www.playwales.org.uk

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