

Rainbow Pre-school Spirit



Physical Activity and Outside Play

Rainbow Pre-school recognises the importance of physical activity, both inside and outside for young children and we provide a wide range of activities to stimulate and support children's skills and development in this area. Implementation of appropriate physical activity practices in Early Years supports the health and development of children in our care, as well as assisting in establishing positive lifestyle habits for the future.

We have named Physical Activity and Nutrition Co-ordinators (PANCO) in our pre-schools.

Aim

The purpose of this policy is to ensure that children in our care are supported and encouraged to engage in active play, develop fundamental movement skills and limit small screen recreation time.

For children 2 to 5 years of age, sitting and watching television and the use of other electronic media (DVDs, computer and other electronic games) should be limited to less than one hour per day.

Strategies

1. Promote physical activity and skill development

We will:

- Ensure staff provide daily opportunities for both adult guided skill development activities and physically active free play inside and outside
- Ensure staff role model and join in active play
- Ensure staff provide verbal prompts to provide children with encouragement and positive reinforcement to participate in active play
- Adopt a participatory approach, emphasising fun and participation rather than competition
- Ensure inclusive practices for all children including those from culturally and linguistically diverse backgrounds and those with special needs

2. Provide physical activity based learning experiences for children both opportunistically and throughout the daily routine

We will:

- Ensure physical activity learning experiences are planned consistently throughout the routine and the curriculum
- Ensure that staff routinely identify opportunities to engage children, educate and promote appropriate physical activity skills and active play
- Discuss with children what makes us healthy and why physical activity is important.

3. Limit Small Screen Recreation and time children spend being sedentary

We will:

- Aim to minimise time that children spend in small screen recreation during their time in our care
- Avoid children participating in small screen recreation during times when they can engage in more active pursuits
- Aim to limit time children spend being seated or inactive (other than during snack/lunch club) during their time in our care

4. Ensure all staff members have appropriate knowledge and skills in the area of physical activity

We will:

- Include information on the physical activity policy as part of staff orientation

5. Provide a physical environment that promotes physical activity and skill development

We will:

- Ensure that the inside and outside physical environments provide adequate space and resources to facilitate active play and allow children to practice fundamental movement skills
- Provide space, time and resources to support children to create their own opportunities for physical activity
- Follow safety procedures and risk management strategies when implementing physical activity

6. Ensure communication with families regarding physical activity, skill development and limiting small screen recreation

We will:

- Communicate regularly with parents and provide information and advice on active play, fundamental movement skill development and limiting small screen recreation. For example newsletters, visits, information sessions and informal discussions
- Invite families to attend and participate in physical activity experiences with their children where appropriate

7. Monitoring and review

We will:

- Record and monitor children's physical activity progress as part of routine observations of children's development. This will include time spent in active play, sedentary activities and progress with fundamental movement skills

All children have access to outside play every day. Playing outside has many health benefits and we play in all weather.

Our policy for outside play is to ensure that all the children are safe and free from harm and that all the children can access every opportunity to learn and develop in all 7 areas of learning in the outside environment. We strongly believe that play underpins the delivery of the EYFS which states that children must have opportunities to play both inside and outside.

- All our equipment and the grounds of the play area are checked daily using the outside Risk Assessment
- All the outside equipment conforms to relevant safety regulations and is free from damage. Any items deemed unfit for purpose are removed from the site and reported to the Manager.
- All children are adequately supervised at all times.
- We operate a free flow system where children are free to access the outside as they wish.
- Should an accident or incident occur outside it is recorded in the accident/incident book immediately or as soon as possible the same day.
- All children must be dressed suitably according to weather.
- During periods of sunny/hot weather children must come in to pre-school with sun cream on – those attending all day should have protection lasting all day. Staff will apply sun cream only if the child has a severe skin condition.
- Children will be able to explore and investigate the natural environments using all of their senses as appropriate.

Rainbow Pre-school 2 operates an outside CCTV system to ensure the safety of children and staff.

Rainbow Pre-school, c/o Wordsworth Primary School, Victor Street, Shirley, Southampton, SO15 5LH
Telephone (023) 80701601

This Policy was adapted at a meeting at Rainbow Pre-school in October 2019

Signed on behalf of Rainbow Pre-school:

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