



FOUNDATIONS DAY NURSERY

Est. 2010

Physical Activity and Active Play

Introduction

Physical Activity can include any active play. To improve children's health, Government guidelines recommend that children should aim to be physically active for one hour every day; this one hour target doesn't have to be done all at once but can be built up over the day.

Definition

We make a commitment to being a physically active nursery, and adopt a holistic approach to the promotion of Physical activity and we will work towards offering all children many opportunities to take part in a variety of physical activity.

Ethos and Values

- . To promote positive attitudes towards participation in physical activity
- . Increase children's knowledge and understanding of the importance of physical activity. . To improve mental health and well being
- . To develop social skills

Aims and Objectives

We aim to raise the physical activity levels of the whole nursery through the provision of a supportive environment conducive to the promotion of physical activity.

Objectives:

- Go for walks to the local park
- Get outdoors as much as possible and let the children explore the natural environment
- Provide suitable clothing to enable children to explore the outdoors in all weathers
- Provide 'active' toys such as balls, bats, scooters, bikes, etc
- Include active games for indoor and outdoor play
- Encourage children out of the buggy and to walk, starting with short distances and build up
- Dance to music for a variety of occasions (Including 'Busy Feet')
- Provide action songs and nursery rhymes for all ages
- Encouraging all staff and parents to participate in activity
- Provision of safe and stimulating areas in which children can be active

Implementation

Through effective preparation, planning and assessing we will provide regular opportunities for both structured and spontaneous active play throughout the day.



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Community Links

Our nursery will link with the Healthy and Sustainable Pre School Scheme Coordinator for the Vale of Glamorgan in order to seek continued professional development for staff via training and workshops. We will also seek support from NDNA who will inform us of developments and training opportunities that will support implementation.

Active Travel

We will encourage (where possible) pupils, staff and parents/carers to walk or cycle to nursery.

Policy, Leadership and Management

We have identified a Physical Activity co-ordinator whose responsibilities will include:

1. Training:-

- . Identify a budget that has been put aside for training related to physical activity.
- . Highlight the 'in service' opportunities to be made available to staff involved with physical activity provision.

Examples of training could include courses offered by:

- The Local Education Authority
- Healthy and Sustainable Pre School Association

2. Resource Provision

We will aim to have sufficient levels of resources for the promotion of physical activity and active play, for example by:

- Identify who is responsible for co-ordinating resources.
- Identify an annual budget for promotion and implementation of physical activity. Consider ways that funding could be sought to increase provision.

3. Dissemination of the Physical Activity Policy

We will disseminate the physical activity policy, for example by:

- Staff meetings
- Staff Supervisions
- Staff Appraisals

Signatures	Date of review
<i>A. Ferguson</i>	June 2024