



Physical Activity

Policy Statement

St Mary's Nursery School is committed to promoting the health and well-being of all children, young people and staff through physical activity. The setting strives to maximize opportunities for physical play in an inclusive manner, adapting activities and resources to enable all children and young people to participate. We encourage children, young people and all associated with the Nursery to be physically active by promoting all avenues for activity. This includes the curriculum, environment and the wider community.

Procedures

We aim to ensure that all aspects of physical activity at St Mary's Nursery School are promoted for the health and well-being of children, young people, staff and visitors.

Our specific objectives are:

1. To enable children, young people and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
2. To provide and promote opportunities for staff, children and young people to be physically active throughout and beyond the school day.
3. To increase physical activity levels of pupils in line with national targets.

Equal Opportunities

All physical activity opportunities offered at St Mary's Nursery School are designed to be inclusive, and cater for different ability levels. For more information please refer to the 'Promoting Equality and Valuing Diversity Policy'.

Resource provision

St Mary's Nursery School is in a purpose-built mobile classroom. This allows us to do physical activities inside if there is an extreme weather warning. For example, using the parachute, soft shapes or using balancing equipment.

We have a secure garden attached to the classroom, which helps to allow free choice of inside and outside play.

The garden has artificial grass and a covered area, which allows us to go out in all weather. The garden has a climbing frame with a slide and two smaller free-standing slides, which are out all of the time. There are two large storage units in the garden where the children and young people can choose and freely access what toys and equipment they would like to use.

We have a decked area with a selection of planters where children can engage in gardening activities.

Risk assessments are done annually on the outside area.

Curriculum provision

St Mary's Nursery School provide activities across all areas of the EYFS in our garden and we change these regularly to maintain children's interests, as well as encouraging the children to help choose activities and to have a balance of both adult-led and child-led activities. Staff are encouraged to be good role-models for children and so will engage in physical play alongside the children.

At St Mary's Nursery School we have planned activities which are done throughout the term. These activities are:

- Music and movement
- Art
- Cooking
- Gardening

All children will have the opportunity to do each activity throughout the term. The activities are planned to cover the areas outlined in 'Development Matters'. The activities are developed and adapted to cater for all ages and abilities. The activities are planned and changed termly.

Every year we plan a sports day and fun day which allows all of the children at the setting to get involved in physical activity.

We regularly arrange visits from sports groups and visitors, e.g. gymnastics, yoga, dance etc.

Active travel

We encourage active travel for children and staff who are able to walk to the setting from home. We have a secure rack in the Nursery garden where children can store their scooters.

Community links

We work closely with the local school, attending events e.g. school shows, rising 5 sessions etc. and when doing so we walk there and back.

We display information about events in the local community, including places of local interest and family activities.

We communicate with parents and carers about our physical activities by holding open access mornings, individual parent meetings, newsletters, notice board, Family app and our setting's website, as well as more informal contact at drop off and pick up time.

We encourage parents and carers to take part in physical activity with their children at home with our home learning PA bags.

Staff activity

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible e.g. racing the children at sports day. Staff often play chasing games, ball games with children and demonstrate physical activity during daily sessions.

Health and safety

Please refer to the health and safety policy and risk assessment file.

Use of any external personnel including sports coaches and volunteers will be in line with the setting's policy on DBS/staffing checks.

This Policy was reviewed by	Gemma Finnegan
This Policy was adopted by	Staff and St Mary's Nursery Committee
Signatory (Committee Chairperson)	
Date	July 2018
Review Date	July 2019