**Bradgate preschool Physical activity policy**

At Bradgate Preschool we recognise the importance of physical activity within all aspects of children’s learning and development. We aim to provide an environment in which physical activity and development are an integral part of the preschools routine.

During the period from birth to 5 years physical activity is critical to optimal growth and development. During this time babies and young children undergo rapid and wide ranging physical and psychological developments which lay the foundations for their future health and well-being. (UK Physical Activity Guidelines for Early years)

Current UK physical activity recommendations state that children of preschool age who are walking unaided should be physically active for a total of 180 minutes (3 hours) spread throughout the day.

**Active children are healthy, happy, school-ready and sleep better.**

Physical activity:

* Builds relationships and social skills
* maintains health and weight
* Contributes to brain development and learning
* Improves sleep
* Develops muscles and bones
* Encourages movement and co-ordination

**We aim to provide children with opportunities to:**

* Be active and interactive
* Gain confidence in their own abilities.
* Develop skills of coordination, control and movement.
* Use all of their senses to explore and learn about their environment
* Develop an understanding of the importance of physical activity and develop a love for being active.
* Develop a positive attitude when making healthy choices in relation to food and drinks.
* To develop independence and responsibility in regards to keeping healthy.

**Staff facilitate purposeful physical play and movement by:**

Providing a learning environment within a play based curriculum which is safe, stimulating and challenging that reflects children’s interests and experiences. It also takes into account different stages of development and offers a good balance between free play and directed activities both indoors and outdoors. All our staff aspire to be positive role models for our children. We aim to take part in physical activity with the children whenever possible as part of the daily routine.

Through our play based curriculum, we aim to ensure that the children have opportunities during each session to participate in a variety of fun stimulating and challenging physical activities within a safe environment. We aim to facilitate this by:

* Ensuring that all children have equality of access to all equipment and resources.
* Ensuring that the outdoor area is equipped with a variety of large and small scale equipment which provide opportunities to climb, balance, run, jump, slide etc.
* Ensuring that the children are supported in using the equipment until they are confident and able to use it independently.
* Regularly rotating toys and equipment to ensure that children to not become bored.
* Providing a variety of wheeled toys
* Planning indoor and outdoor physical music and movement and yoga sessions both in the setting and in the main school grounds.
* Regularly providing opportunities to take the children out of the setting to use the school grounds e.g. forest, fields, hall, peace garden.
* Using equipment and facilities in the main school hall where possible.

**Parents and carers as partners**

The preschool understands that parents/carers are crucial to encouraging their children to be active. We therefore aim to make parents/carers aware of the minimum activity recommendations, provide parents/carers with ideas on how to keep their children active and to liaise with parents/carers about their child’s activity levels during the session. Information will be shared through one to one parent meetings, Tapestry memos and on our parent information boards.

**Equal opportunities**

All physical activity opportunities offered are designed to be inclusive and cater for different ability levels. For more information, please refer to the equal opportunities policy.

**Health and safety**

A daily risk assessment is carried out both indoors and outdoors and large fixed apparatus is checked and monitored in line with current guidelines. Please refer to our health and safety policy. Use of any external personnel including activity leaders and volunteers will be in line with the schools policy on DBS staffing checks.

Updated April 2024

To be reviewed April 2025