



St Lucia's Primary School & Nursery

## **Physical Activity Policy**

### **Statement of Intent**

St Lucia's Nursery regards physical activities as an important part of our children's learning and development. We promote this through child initiated and adult led activities. Taking into account the BHF national guidelines for physical activity <http://www.bhfactive.org.uk/earlyyearsguidelines/index.html> and also the Healthy Shropshire- move more evaluation report 2011.

### **Aim**

We aim to provide various resources and a wide range of different physical activities that are planned for each individual child's needs, to promote the importance of physical and healthy lifestyle.

### **Methods**

- We have free flow play, indoor and outdoor play throughout the day. Children have access to bikes, scooters, cars. We also have balancing blocks, a slide and stilts.
- In our weekly planning we include a movement activity, we have access to the school hall for 45 minutes a week, and we have access to the big mats, balancing benches and hula hoops.
- We go out onto the school playground when it's not in use, where children have more space to move around on bikes, scooters.
- When the school playground is available we go onto the schools playing equipment, which includes balancing benches and a moving bridge and also climbing equipment.
- We plan physical activities according to the individual child's stages of development, we monitor children's physical development to inform planning and provision and share with parents.
- We join in activities with the children. Staff members are able to attend appropriate physical activity training when required. This helps with the staff confidence to deliver physically active play sessions.
- This all links in with EYFS Physical Development: Moving and Handling.

- We encourage parents/carers to get involved in planning and delivery of physical activities in our setting.
- We encourage parents to engage in physical activity with their children outside the setting by offering activity suggestions, and sharing our knowledge of community events and clubs.

This policy was reviewed and adopted at a meeting of St Lucia's Nursery Governing body

Held on 19/06/2017

Review date June 2018

Signed on behalf of the Governing body.....

Role.....