

Physical Activity Policy

Jigsaw Day Nursery is committed to promoting the health and well being of its children and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Jigsaw Day Nursery

The policy was formulated through consultation with the management team and staff through staff meetings, newsletters, and with children through a number of methods, including observation and feedback on specific issues, for example, the development of the play area.

CURRENT RECOMMENDATIONS

Current UK physical activity recommendations state that children should be active for a total of three hours every day. At nursery we will aim to provide physical activity for an hour per morning and an hour each afternoon.

PHYSICAL ACTIVITY AIMS & OBJECTIVES

Aim: To ensure that all aspects of physical activity in the setting are promoted for the health and well being of children, staff and parents/carers.

Our specific objectives are as follows:

1. To enable children, staff and parents/carers 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 and children to be physically active throughout and beyond the setting
3. To increase physical activity levels of children in line with national targets

FACILITIES & RESOURCE PROVISION

Our resources to encourage physical activities, including facilities and equipment both inside and outside are as follows:

Tricycles, scooters, hoops, beanbags, balls, ride on cars, balance bikes, space hoppers, body boards, trampoline, spinner, balancing stones, quoits, sit on digger, gardening equipment : wheelbarrows, spades, brooms, waterproofs so that we can be outside in wet weather. Varied ICT resources to move to indoors, dance and music CD's/games.

PHYSICAL ACTIVITY CO-ORDINATION

The settings physical activity co-ordinator is our nursery manager.

They have responsibility for developing policy and practice and monitoring physical activity provision.

Staff have a responsibility to promote physical activity and to support physical development. We feel it is essential for our staff to feel confident in delivering and supporting physical activity so staff have attended the following activity courses:

Balanceability

British Heart Foundation Early Movers

This training has also been cascaded to other members of staff during our regular staff meeting

We strive to maximise opportunities for children and all associated with the setting to be physically active by promoting all avenues for activity. This includes through the Early Years Foundation Stage, the environment and wider community.

The setting provides children with practitioner led structured activities daily. This is sessions of differing lengths according to the activity.

In addition to the amount of structured physical activity children engage in unstructured active play daily. This is facilitated by our setting environment which is designed to encourage children to be physically active.

PARENTS/CARERS AS PARTNERS

Jigsaw Day Nursery understands that parents/carers are crucial to encouraging their children to be active and therefore aims to making 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 through the identified key person.

ACTIVE TRAVEL

Please refer to the Setting Travel Plan for details of how we promote travel to setting.

EQUAL OPPORTUNITIES

All physical activity opportunities offered at Jigsaw day nursery are designed to be inclusive, and cater for different ability levels.

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. as part of practitioner sessions, but we also encourage our staff to be active.

HEALTH & SAFETY

Please refer to the setting's Health and Safety Policy and Risk Assessment file.

Use of any external personnel including activity leaders and volunteers will be in line with the settings policy on DBS/staffing checks.

MONITORING & EVALUATION

The physical activity co-ordinator will have lead responsibility for the monitoring of physical activity in the setting. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives. The policy will be reviewed every 1 year.

SignedDated

Physical Activity Co-Ordinator

Date for Review