



Denmead Day Care LTD 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 the setting.

Overview

Physical activity in young children is defined as ...

'...activity that involves trunk movements and more exertion than the minimal movement required to carry out simple everyday tasks such as washing, bathing, dressing, or activities such as playing board games or other passive play'

Making the case for UK Physical Activity Guidelines, Early Years Working Paper

1. Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day. This includes any time spent at home.
2. All under 5s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).

NHS, Live Well – Physical Activity guidelines for children under 5 who are walking

Aims and 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.
4. To understand simply how their body is affected by physical activity.

Provision for the Children

DDC currently has a wide range of outdoor and indoor resources that support both fine and gross motor skills and opportunities for light and active play. We have access to a large outdoor site in which the children can run and play in a safe, supervised way. We also have an enclosed garden that the children access for small group sessions. In addition to this, we have access to a MUGA that has been built on the grounds that the Nursery Pavilion is also located.

Children have access to a range of resources including small trikes, balance bikes, slides, tunnels, an assault course that can be modified to suit the children's interests, soft play resources, sensory resources, and different balls for a number of sports.

DDC understands parents / carers are crucial to encouraging their children to be active. Staff therefore aim 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.

Ethos

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. The setting provides children aged 2-4years old with adult led activities throughout the week. This includes 1:1, paired, small group and large group opportunities tailored to the needs of the children and linked to where they are at in the physical development. (Development Matters EYFS Curriculum)

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 and outside of the setting.

Active Play

In addition to the amount of structured physical activity children engage in the children also have free flow throughout their morning and afternoon sessions, indoors and outdoors, with free access to a range of resources in an enabling environment that promote active play. Effective learner skills are also encouraged such as risk taking, creating challenges and using their senses to explore the world around them.

Equal Opportunities

All physical activity opportunities offered at DDC are designed to be inclusive and cater for different ability levels.

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