



Physical Activity Policy

This policy has been informed by the national guidelines issued by the UK Chief Medical Officer on physical activity and meets the Early Years Foundation Stage statutory requirements in respect of Physical Development. It also forms part of the Southampton Healthy Early Years Award (HEYA) for Physical Activity. Staff were consulted at meetings and the thoughts of our parents were also taken into consideration through questionnaires and emails.

Happy Bunnies is committed to promoting the health and wellbeing of our children and staff through physical activity both indoors and outdoors. For children regular physical activity is important for growing up to have strong bones and muscles, maintaining a healthy weight and building their confidence. For an adult physical activity is important for losing weight and reducing the risk of a number of health conditions.

Our Physical Activity Lead is Laura Clarke.

Current Recommendations

- Preschoolers should be physically active daily for at least 180 minutes (3 hours) spread throughout the day

Ethos and Environment

We have looked at how physically active children and staff are both indoors and outdoors. We have also given thought to how these environments give children the opportunity to move freely and play actively. Our circle times are full of energy and transitions time are as active as possible. We start each session with our 'Bunny Burst' time, this provides all children the opportunity to be physically active for 5 minutes and ending with our 'Bunny Yoga'. In addition to the amount of structured physical activity children engage in, they also have free flow throughout the session with access to a range of resources in an enabling environment that promote active play eg scooters, tunnel, stepping stones, large construction blocks. Children are also encouraged to take risks, create challenges and using their senses to explore the world around them.

Aims

To ensure all children are given the opportunity to be active regularly throughout the course of the day. Being physically active has been shown to be beneficial to our health and well-being.

Objectives

- Staff to be positive role models on how to be physically active. Staff to take part in planned and unplanned physical activities both inside and outside, making it fun and exciting so children will want to join in.
- Children to be encouraged to meet the national guidelines in respect of physical activity issued by the Chief Medical Officer - 180 active minutes across the whole day. To reduce children displaying sedentary (inactive, sitting) behaviour we have removed most of our chairs from activities.
- To provide age-appropriate activities and resources for active play. Our outside area is spacious and split into 3 areas, a hard area for building large constructions, a soft area for running, balancing, cycling and a woodland area.
- Encourage parents to be active with their children. We inform parents of local physical activity events ie Walk for Wheels Week. We also send out information on how they can be more active with their children.
- Ensure there are opportunities for physical play both indoors and outdoors on a daily basis. We ensure there are a wide range of activities available each day that promote both gross motor skills (large movements) and fine motor skills (small movements). We use the Early Childhood Environment Rating Scale (ECERS) to monitor we are providing enough activities and resources to meet children's physical needs.
- To allow children to take reasonable risks when involved in physical play. We have a woodland area where children can climb trees.
- To ensure staff and children wear suitable clothing and footwear for physical activities. All-in-one coats and wellies are provided by Happy Bunnies for the children and our Welcome letter lists items that are suitable for winter/summer.

Working with and Supporting Parents

We understand that working with parents/carers is vital to encourage young children to be physically active on a daily basis. We will work closely with parents/carers to ensure they understand the importance of physical activity by:

- Ensure parents have access to our Physical Activity Policy.
- Ensure parents are kept up to date on any changes to physical activity play.
- Send out annual physical activity questionnaires.
- Display information on our parent notice board including events in the local community.
- Send out fortnightly ideas on being active

Expectations of staff

Staff to be aware of and follow our Physical Activity Policy, the EYFS statutory requirements and guidance issued by the UK Chief Medical Officer. Staff to aspire to be positive role models to our children by wearing appropriate clothing for the weather and aim to take part in physical activities

throughout the session both inside and out eg. Bunny Burst/Bunny Yoga, parachute play, action songs. The Physical Activity Lead to support and encourage staff to promote physical play in a fun and positive way. The Lead to also provide training to new staff on the benefits of being physically active and how this can have a positive effect on our health and well-being.

Equality of Opportunity

We ensure that every child has the right to be physically active. We plan and adapt the environment to create positive opportunities for children of all ages, abilities, religions and cultures to access physical play. This kind of play allows children to develop their skills of co-ordination, manipulation, control and movement.

Community Links

We link up with parents and the local community and arrange visits into the setting to take part in physical activities eg, music and movement, singing and dancing to a ukulele.

Sedentary Behaviour (sitting and being inactive)

Children can spend a lot of time participating in sedentary play. This type of behaviour limits the benefits of physical activity. It is for this reason that we discourage children being sedentary for a long period of time. We limit the amount of time children spend sitting down by removing chairs from many of the activities and they do not have screen time at Happy Bunnies.

Active Travel (making journeys in physically active ways)

We promote active travel as it builds physical activity into the daily routine and is a way to keep fit. It also provides an opportunity for children to learn about road safety. Active travel can include walking, cycling or using a scooter. We encourage parents to park their vehicle further from Happy Bunnies and have signs on the fence as a reminder.

Assessment/recording/reporting

We use an online learning journal to assess, record and report children's progress through written and photo observations. Parents/carers have access to their children's individual journal. We also communicate with parents/carers with regular phone calls and face to face conversations. We work in partnership with other professionals who can offer support and advice eg, dietitian, health visitor.

Consultation

Parents/carers are consulted on physical activity practice and the needs of their children. They will be informed of any updates on the guidelines issued by the Chief Medical Officer by email, our Facebook page and newsletters.

Early Year's Curriculum/Frameworks

This policy supports the following requirements:

- National guidelines on physical activity levels and levels of sedentary behaviour, issued by the Chief Medical Officer
- Early Years Foundation Stage learning and development and welfare requirements. This states that physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives.
- Safeguarding and promoting children's welfare
- Early Environment Rating Scale (ECERS)

This policy was adopted by Happy Bunnies on 2/1/24

Review date: 2/1/25