



StThomas's Church Hall, 75 Monsell Road, London, 2EF N4

TEL. 0207 354 9347

## Physical Activity Statement

We believe a healthy child is an active child. Children are given a range of opportunities to take part in a range of activities - physical activity- providing access to outdoor play on a daily basis, having continuous free-flow play, planning visits walking to the local park.

### Aim

As a Healthy Early Years London setting, we want to ensure that we promote the health and well-being of the whole setting community through encouraging physical activity and providing consistent messages to children, parents and staff.

### **We are aware that children of all ages should be active.**

Being active is important for children under five because it helps them build and maintain a good level of health; physical activity is critical to optimal growth and development. Children under five need time to play and master their physical environment and fundamental movement skills; the early years are also an important time to establish habits relating to physical activity.

The Chief Medical Office provides guidance on how much physical activity children under five should be doing:

### **Physical activity guidelines for infants (under 5s) who are not yet walking:**

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 (most UK pre-school children currently spend 120–150 minutes a day being physically active, so achieving this guideline means adding another 30–60 minutes each day).
2. All under 5s should minimise the amount of time spent being sedentary (being inactive, restrained or sitting) for extended periods (except time spent sleeping) by reducing screen time (e.g. watching TV, using a computer, tablet or smart phone) and reducing time spent in a pushchair or car seat.

### **Physical activity programme**

Our planning for both indoor and outdoor physical activities is based on the Early Years Foundation Stage.

Each programme of activity supporting physical development is planned, reviewed and evaluated on a regular basis.

For children who are capable of walking, we provide free space to move and play imaginatively either inside or outside.

We provide equipment to facilitate play, e.g, for example: claiming frames, spades, blocks, streamers, cardboard boxes, bats and balls, bikes, trikes, wheelbarrows, balancing beams and lead structured activities that encourage movement, e.g., for example: Yoga, Sports sessions, action songs or parachutes games.

### **We have a supportive environment**

We endeavour to provide an environment, which promotes physical activity throughout each day including travel to and from our setting. We ensure that outdoor activities are planned and children can access these on a daily basis.: providing access to outdoor play on a daily basis, having continuous free-flow play, planning visits walking to the local park.

### **We are thinking sensibly about health and safety**

We are aware that in order for children to learn about managing risks associated with physical activity, we need to offer stimulating and challenging environments; through these environments children are supported to explore and develop their own abilities and understanding. Alongside this we aim to manage the level of risk so that children are not exposed to unacceptable dangers. We conduct risk assessments and establish suitable arrangements for off-site visits to encourage children and their families to take advantage of the range of physical activities available within the local community.

### **We minimise the amount of time children spend being sedentary for extended time**

In the Early Years spending time sedentary (being inactive, restrained or sitting) limits the opportunities that children have to move. Sedentary behaviour is any low-energy activity that takes place while sitting or lying down. We avoid using restraining equipment (buggies/chairs/car seats) for long periods of time, unless for reasons of safety. We don't use sitting devices unless/until infants can sit up unaided. Children are only required to sit when eating. We interact regularly with every child to encourage movement.

### **We provide suitable physical activities for all.**

All of our children, including those with special educational needs and disabilities (SEND) are entitled to a comprehensive programme of physical activity opportunities that allows all children to improve their skills of co-ordination, manipulation, control and movement and to develop positive attitudes towards physical activities including sports. Our provision is also fully inclusive of children from different cultures and religions. All staff are aware of the need to be sensitive to individual beliefs about what is acceptable in relation to physical activity.

### **Working with families.**

Staff are confident in giving out advice to parents and carers in relation to families adopting healthy lifestyles and being physically active. We encourage parents to walk, scoot or cycle with their children for part or all the way to the setting. We facilitate this by providing somewhere safe to leave bicycles or scooters. We regularly promote/hold special events for the children, which promote physical activity such as: walking to playgroup, sports day, treasure hunts, obstacle courses.

We have developed a range of outings that our children can walk to. This supports children's and families' knowledge of places of interest in the local environment that are easy to reach on foot. These include: Gillespie Nature Reserve, The Library, trips to the local shops.

We also promote a range of information workshops, activities and parenting programmes that support parents understanding of the importance of being physically active and on children's development.

These include parenting programmes at our local Children's Centre such as:

Bright Start Islington workshops and parenting programmes supporting physical - Mellow Parenting, Stay and play.

At playgroup we have weekly sessions and activities, including-

Sports sessions,

Yoga sessions,

Sports day,

Obstacle courses

Trips to the local nature reserve park.

This policy was adopted by St Thomas' Preschool in April 2023 and will be reviewed in April 2024.