

**Physical Play Policy**

The Life nursery aim to encourage and support children’s physical development in developing body awareness, gross motor control and co-ordination, fine motor skills and in developing their awareness of healthy practices through safe but challenging environments with opportunities for risky play experiences, both inside and outside. We strive to identify and respond to any particular difficulties a child may have with regard to their physical development at an early stage.

The Manager has attended ‘HENRY’ practitioner training (Healthy Eating and Nutrition in the Really Young) training and this is embedded within the nursery. The staff support parents in providing a healthy start for their child at home and also in the nursery. Further information can be found at [www.facebook.com/HENRY.HealthyFamilies](http://www.facebook.com/HENRY.HealthyFamilies).

**Links to the Early Years Foundation Stage (EYFS)**

**Physical Development** involves providing opportunities for young children to be active and interactive, and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

**Moving and Handling** children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

**Health and Self-Care** children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

**Delivery of Physical Play/Planning/Adult Role**

**Environment/Resources – Indoor/Outdoor** ensure planning for both indoor and outdoor physical activities is based on the Early Years Foundation Stage. Physical active play is planned for each session considering the interests and abilities of each individual child, through observation, assessment and next steps, which is included in your child’s learning journey. The environment and resources are risk assessed daily to enable children to learn about managing risks in relation to physical activity. The Life Nursery aims to offer a stimulating and challenging environment for children to learn and progress through the EYFS. In addition, providing opportunities to explore and develop their own abilities together with staff extending children’s learning by planning in the moment. By providing these types of situations the nursery aims to manage the level of risk so that children are not exposed to unacceptable dangers. Staff play a very important role in enhancing the quality of outdoor play as well as indoor play experiences which is outlined within the EYFS. The Life Nursery staff remain engaged and enthusiastic in attending relevant training courses and being a positive role model for children to learn. The environment and activities planned are reflected upon AT ALL TIMES (children not accessing a particular area, what part of an activity went well or not so well) and these are addressed and discussed by staff.

**Working in partnership with Parents/Carers**

The Life Nursery understand what an important role parents/carers play in encouraging their children to be active, providing ideas on how to keep their children active, and discussing with parents/carers their child's physical development through their key person.

The Life Nursery require support from parents and carers in getting children ready for outdoor play by providing clothing which is suitable in all weathers. Children in Winter will need a warm, waterproof coat, hat, scarf, gloves and wellies (nursery provides all-in-one wet suits). In the Summer, sun hats, named suncream. The nursery promotes independence in self-care for ALL children in preparation for when they start school and offering supported when needed.

**Inclusion**

The Life Nursery ensures that the environment is accessible for ALL children considering their individual age and stage of development and ability, taking into consideration different cultures and religions. Staff attend regular training sessions to provide creativity in their approach for inclusion of children in relation to physical activity.

This policy was reviewed by Louise Gray, Nursery Manager and Fran Edwards, Deputy Manager – September 2020

Policy read and agreed by:

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