



Angels on The Park

Gymnastics Activity Policy

Purpose

At Angels on The Park, we aim to provide children with a broad range of experiences that support their physical development, confidence and enjoyment of movement.

Gymnastic sessions are provided for children in Ivies, Jasmines and Daffodils and are delivered by a gymnastics coach from 'Gymnastics Studio'.

The sessions are designed to introduce children to age-appropriate gymnastics skills in a safe, enjoyable and supportive environment.

Aim of Activity

The sessions aim to support children in developing:

- Balance and coordination
- Flexibility and strength
- Body awareness
- Movement and control
- Gross motor skills
- Basic age-appropriate gymnastics techniques
- Listening and following instructions

Activities will be appropriate to the children's age, individual ability and level of confidence.

Each gymnastics session lasts approximately one hour and takes place from 2:30pm until 3:30pm.

Sessions will normally include:

- A warm-up
- Structured gymnastics activities and exercises
- Opportunities to practise movement and basic gymnastics techniques
- A cool-down

Activities and exercises will be adapted according to the age, ability and confidence of the children participating.

Children will not be expected or encouraged to attempt a skill that is beyond their individual ability or confidence.

Supervision and Responsibilities

The gymnastics coach is responsible for planning and delivering the gymnastics programme, demonstrating activities and supporting children in carrying out gymnastics exercises safely.

Angels on The Park retains responsibility for the care and general supervision of the children throughout the session.

At least one member of staff will be actively present throughout each session.

The staff member will:

- Supervise the children throughout the activity
- Support children where necessary
- Monitor children's behaviour and wellbeing
- Manage behavioural issues
- Provide additional assistance to individual children where required
- Ensure the Nursery's usual safeguarding and safety procedures continue to be followed

Staffing and Ratios

Usual staffing arrangements and minimum statutory ratio requirements continue to apply during the gymnastics sessions.

The coach is not counted on ratio at any time and for any reason.

Staff must position themselves appropriately during the session so that they can actively observe and supervise the children rather than acting solely as observers of the activity.

Equipment and Environment

Gymnastics Studio will provide and use age – appropriate gymnastics and movement equipment suitable for the activities being delivered.

Equipment will be checked before use and the session area will be arranged to allow children enough space to participate safely.

Nursery staff and the coach should remain alert to any hazards arising during the session. Any equipment or activity considered unsafe must not be used or continued until the concern has been addressed.

Children should only use gymnastics equipment as directed by the coach.

Clothing and Footwear

Children should wear comfortable clothing which allows them to move freely and participate safely.

Shoes must be removed for the session.

Children will participate either barefoot or wearing socks.

Staff should consider whether a child's clothing or other items they are wearing could present a risk during the physical activity and resolve this before the child participates.

Safety

Activities are planned and delivered with children's safety, age and individual abilities in mind.

Children must not be expected to perform gymnastics skills beyond their individual ability.

If either the coach or staff consider that an activity is not appropriate for an individual child, the activity should be modified or the child supported to take part in an alternative appropriate activity.

A child should be supported in stopping participation at any time if they are uncomfortable, distressed or tired or for any other reason.

Safeguarding

The Nursery's safeguarding and child protection policies apply throughout all gymnastics sessions.

The coach is expected to work alongside the Nursery team and comply with all safeguarding procedures and requirements when on the premises.

Any safeguarding concern arising before, during or following a gymnastics session must be immediately reported to the Nursery's Designated Safeguarding Lead or Deputy Safeguarding Lead in accordance with the Nursery's safeguarding procedures.

The gymnastics coach must be supervised at all times while on the premises.

The gymnastics coach is not permitted into any children's base rooms, the sensory room or the children's bathrooms or changing areas.

First Aid, Accidents and Emergencies

The Nursery's usual first aid, accident and emergency procedures apply during the gymnastics sessions.

In the event of an accident, injury or medical incident, Nursery staff will take responsibility for managing the incident in accordance with the Nursery's procedures.

Any accident or incident must be recorded and communicated to the child's parent or carer in the usual way.

Where appropriate, the activity should be stopped while an incident is being managed and should only be resumed when the staff are satisfied that it's safe to do so.

Individual Needs

Staff should consider the individual needs of the children participating in the sessions, including any relevant medical conditions, physical needs, SEND, injuries or other information which may affect the safe participation.

Relevant information should be communicated appropriately to the coach where this is necessary for the safe delivery of the session.

Activities should be adapted where appropriate to support the inclusion and enable children to participate safely.

Parental Consent

Children may only participate in the session when the Nursery has specific consent from their parents or carers.

Families are provided with this policy and access to the risk assessment before consent is required.

Children who don't have consent will not participate in the session, but will participate in other activities.

Children's Participation

Children do not have to participate in the session if they don't want to.

Children's wishes are respected. Any child that does not want to take part or wants to stop the session will not be forced to take part.

Monitoring and Review

Nursery staff will monitor the sessions to ensure that they remain appropriate, safe and beneficial for the children.

Any concerns regarding the delivery of the activity, equipment, safety, safeguarding, behaviour or wellbeing should be referred to the Manager.

Policy written: September 2026

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