

Physical Activity Policy

St Bernard's is committed to promoting the health and well being of its children and staff through physical activity. This policy outlines the organisations, teaching and management of physical activity within our setting.

Physical activity 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)

Babies should be encouraged to be active throughout the day. Physical activities can be encouraged by reaching and grasping, pulling and pushing, moving their head, body and limbs during daily routines, and during supervised floor play, including tummy time. Once babies can move around, encourage them to be as active as possible in a safe, supervised and nurturing play environment.

Children who can walk on their own should be physically active every day for at least 180 minutes (three hours). This should be spread throughout the day, indoors or outside. The 180 minutes should include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping. Active play, such as using a climbing frame, riding a bike, playing in water, chasing games and ball games, is also a good way to encourage physical activity.

St Bernard's strives to maximise opportunities for children, and all associated with the setting to be physically active by promoting all avenues for activity. This includes through the Early Years Foundation Stage, the environment and the wider community.

Our aim is ensuring that all aspects of physical activity in the setting are promoted for the health and well being of children, staff and parents.

Our objectives are to: -

- Enable children, staff and parents to understand the importance of physical activity through the provision and development of appropriate skills and attitudes.
- To provide and promote opportunities for staff and children to be physically active throughout and beyond the setting
- To increase physical activity levels of children in line with national targets.

The settings Physical Activity co-ordinator is Jenny Davis.