



Physical Activity Policy

At Oasis Preschool the staff are committed to promoting physical activity in fun and engaging ways which ensure every child can participate. We have a named member of staff who is responsible for the overall physical development of children - (Lesley Strange) but all staff work to prepare and facilitate physical activities for children.

Policy aims to:

- ◆ Provide a positive active play environment which reflects cultural and family values.
- ◆ Promote lifelong learning and enjoyment of physical activity.
- ◆ Give children opportunities to participate in a range of safe active play learning experiences.
- ◆ Limit time spent engaging in screentime (computer, DVD's, electronic toys) sedentary behaviour - still activities.
- ◆ Encourage communication with families about physical activity, gross motor and fundamental movement skills, development and learning and limiting screentime and sedentary behaviour.
- ◆ Promoting Active Travel with the families who attend the setting.

Why is Physical Play important?

Children have elevated levels of energy that need to be expended, and the benefits of physical play are critical to a child's physical and mental development.

Being physically active also helps children to:

- Develop strong bones
- Develop gross motor and fine motor skills
- Build strength, endurance, and flexibility
- Build confidence
- Achieve and maintain a healthy weight
- Decrease stress levels
- Improve social skills
- Improve balance and coordination
- Improve posture
- Improve concentration
- Improve sleep



Children should be engaged to move at least 180 minutes (about 3 hours) per day, and we aim to provide this during our 'free flow' curriculum for both inside and outside with the levels of intensity and activity varying. By using the extensive space, we have on offer each day there are opportunities for children to engage in physical activity in keeping with our settings ethos.

At Oasis Preschool we aim to promote awareness, enjoyment, motivation, confidence, and enthusiasm for physical activity which is appropriate to the individual child. We aim to support the physical development of children with safe and challenging environments both inside and out.

Being physically active at an early age will benefit children throughout their lives, so integrating exercise into a young child's everyday routine is crucial and physical development activity and play underpin significant development and learning opportunities for all young children.

We provide safe indoor and outdoor activities each day and in all weathers. Children have opportunities to explore, experiment and refine their movements and actions at a pace suitable for them.

All staff acknowledge and understand the importance of physical activity by providing opportunities for structured and unstructured physical activities and experiences.

Practitioners will be role models, as we play an important part in the learning process and practitioners will encourage and support children by participating in physical activities. This will help the children to be motivated and be active when practitioners provide being role model for exercise and healthy behaviour.

Staff understand that there is a wide variation of children's physical abilities and that every child's efforts are appreciated, and all children are encouraged to progress at their own pace in order to reach their full potential.

We provide a variety of equipment for both large and fine motor development and all practitioners will join in with adult led activities and during free play. We do this by providing:

- A balance of activities to support physical development
- Providing sufficient space indoors and out, with time and resources to allow for effective development
- Provide additional support where required for each child and plan additional support with motor impairments or physical disabilities to ensure they have equal access and learning opportunities.



We aim to meet every child's individual needs through planning, observation, and the child's interests.

We will include areas such as hygiene, healthy eating, and exercise.

Provision will be made for all children to manipulate large and small pieces of equipment so that children develop both large and fine motor skills and control.

We encourage children to take responsible risks to develop and awareness of health and safety, while encouraging them to think about and talk about these issues.

We aim for children to explore and learn about co-operation, turn taking, and team building, which we develop throughout the curriculum with adult support provided where appropriate.

- ❖ **Motor Development – movement skills are a fundamental foundation for learning as well as a foundation for the more complex motor skills needed later in life for fitness activities.**
- ❖ **Brain Development – rich environments produce rich brains and an essential agent in this process is movement activity.**
- ❖ **Health – physical development and physical activity play an important role in health throughout a child's life. Being physically active protects against cardiovascular disease, diabetes, and obesity. It also contributes to mental health and psychological well-being.**
- ❖ **Literacy – there are many links between and movement. Movement and language are both forms of communication and self-expression.**

Active Travel

What are the benefits of active travel:

- Improves mental health leading to children being eager to come to preschool if they can walk or use a bike or scooter.
- Improves physical health, helping children to achieve the recommended 180 minutes (about 3 hours) of physical activity per day.
- Promotes independence and road safety awareness.
- Reduces congestion and noise in the community.
- Improves the local environment's air pollution.



Limit time spent engaging in screen time and sedentary behaviours whilst at preschool

We will:

- Limit the amount of time spent on screens
- Practitioners will model appropriate screen behaviours to the children
- Discuss with the children the role of screen time in their lives and support them in making healthy choices about screen time
- Encourage the promotion of productive sedentary experiences for rest and relaxation
- Ensure that an appropriate balance between inactive and active time is maintained each day
- Under no circumstances is the screen to be used as a reward or to manage challenging behaviours

Physical activity is enjoyed throughout the year and in all weathers. Parental support and ideas are appreciated as well as ideas and thoughts that you can contribute to this policy. This is enhanced with other activities which occur alongside the usual day-to-day provisions

These include:

- Sports Day
- Regular walks around the local community
- Activities on the large field area
- Promoting active travel
- Celebrations from around the world – dancing, cooking and role-play
- Yoga, music and movement

Thank you for taking the time to read this policy. We look forward to your views and comments.

Updated Policy:

Reviewed – 22/10/2021

Reviewed – 07/01/2022