

STANDARD 6 – HEALTH



EYFS key themes and commitments

1.3 Keeping safe
1.4 Health and well-being

3.3 The learning environment

Standard 6.13-Physical exercise policy

It is well known that exercise is vital to aid the physical development of young children and to encourage them to continue a healthy lifestyle into their adult years. At preschool, we encourage the children in our care to join in all sorts of different physical activities and we provide a range of resources to make it fun and enjoyable. Children have plenty of opportunity to play in the fresh air through outdoor play. Children will be encouraged to participate but will not be made to do any activity that they are uncomfortable with.

In the garden, we have a range of large outdoor equipment. Whilst this provides lots of opportunities for developing new physical skills and enjoyment it also brings danger. Children need to learn about danger and risk taking, however to make our garden a safe environment and to reduce the risk of possible accidents we have put the following procedures in place:

- All children will always be supervised by a responsible adult .
- Children will be taught the dangers of the equipment in a way that is suitable for their stage of development and understanding.
- Children will be encouraged to take turns and share equipment.
- The equipment will be checked/cleaned before use for animal faeces.
- The equipment will be checked for wear and tear/ damage regularly and withdrawn from use if faulty.
- Children will be encouraged to participate but will not be made to do any activity that they are uncomfortable with, for example the climbing frame.

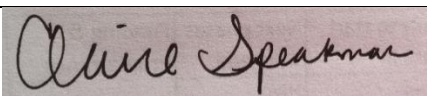
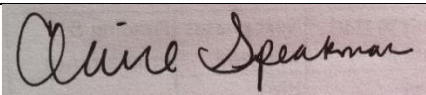
Physical Activity Guidelines:

- Spend 30 minutes or more per day outside (weather permitting).
- Ensure endurance, flexibility and strength based activities are incorporated into physical activity each day.
- Teach children about physical activity and make it fun.
- Include information in newsletters to encourage families to be active.
- Inform parents about local recreation opportunities.
- Ensure physical activity is co-operative and non-competitive in nature.
- Ensure all physical activities are developmentally appropriate.
- Follow safety recommendations for all equipment and activities.
- Incorporate physical activity into meetings, special events and fundraisers.
- Provide a variety of opportunities in Physical lessons through which skills can be taught and learnt; in floor work, using large and small apparatus, moving to music, indoor and outdoor games;
- Be aware that children have different learning styles and provide for auditory, visual and kinaesthetic learners in lesson planning and delivery;
- Explain in simple terms the benefits of regular physical exercise, what happens to our bodies when we exercise, and how we can demonstrate this e.g. taking pulse, noting breathing rate; what happens to our bodies when we don't take exercise;
- Provide opportunities for individual, paired and group working, encouraging children to plan, describe, adapt and evaluate their own and others' work;

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- Teach children safety rules in dress and when using and moving apparatus and to assess risk involved in activities;
- Use well-maintained, attractive and stimulating resources;
- Praise and encourage children's best efforts;
- Use outside resources (e.g. Sogatots) where appropriate, encouraging children to take part in extra-curricular and family-based activities

This policy was adopted by	Horsted Keynes Preschool
On	1 st October 2017
Reviewed 1 st Oct 2018	<i>C. Humphreys</i> 
Reviewed 1 st Oct 2019	
Reviewed 1 st Oct 2020	
Reviewed 1 st Oct 2021	
Reviewed 1 st Oct 2022	
Signed on behalf of the provider	<i>C. Humphreys</i>
Name of signatory & Role of signatory	Clare Humphreys Manager
Countersigned by Chair of committee	
Name of Counter signatory	Claire Speakman