

Outdoor Play



Grass Roots Nursery Group: Outdoor Play and Physical Development

Purpose:

To outline the importance of outdoor play and physical development for all children and to establish procedures for ensuring safe and inclusive outdoor experiences.

Key Principles:

- **Daily Outdoor Play:** We believe in the importance of daily outdoor play for all children, regardless of their age or abilities.
- **Accessible Environment:** We will ensure that our outdoor play areas are accessible to all children, including those with disabilities.
- **Safety and Supervision:** We will prioritise safety and supervision during all outdoor activities.
- **Parent Partnership:** We will work closely with parents to ensure their involvement and support for outdoor play.

Procedures:

- 1. Safe and Secure Environment:**
 - We will conduct regular safety checks and risk assessments of our outdoor play areas.
 - We will implement measures to ensure the security of the outdoor areas.
 - We will closely supervise children during outdoor play.
- 2. Parent Permission:**
 - We will obtain parent/carer permission before any child leaves the nursery grounds, including for short outings.
- 3. Outdoor Play Opportunities:**
 - We will provide a variety of outdoor play opportunities, including structured activities and free play.
 - We will ensure that outdoor play complements indoor activities and provides opportunities for learning and development.
- 4. Allotment:**
 - We will utilise our allotment to provide children with opportunities to learn about gardening, agriculture, and the natural environment.
- 5. Health and Safety:**
 - We will follow our health and safety policies to ensure the well-being of children during outdoor play.
 - We will implement sun care procedures and provide appropriate clothing for outdoor activities.
- 6. Risk Assessment:**
 - We will conduct regular risk assessments for outdoor activities, including visits and outings.

Benefits of Outdoor Play:

- **Physical Development:** Enhances gross and fine motor skills, strengthens muscles, and improves coordination.
- **Cognitive Development:** Promotes problem-solving, creativity, and curiosity.
- **Social and Emotional Development:** Fosters social skills, cooperation, and self-esteem.
- **Sensory Development:** Stimulates the senses and provides opportunities for exploration and discovery.
- **Health Benefits:** Supports physical and mental health, including vitamin D absorption and stress reduction.

By prioritising outdoor play and physical development, we aim to provide a comprehensive and enriching experience for all children.

Procedure: Outdoor Play

Purpose:

To outline the daily procedures for outdoor play at Grass Roots Private Day Nursery, ensuring the safety, well-being, and development of all children.

Daily Routine:

1. **Morning Check:** Before going outside, ensure all children are present and accounted for.
2. **Safety Check:** Conduct a brief safety check of the outdoor play area, identifying any potential hazards or changes.
3. **Clothing and Equipment:** Assist children in dressing appropriately for the weather and provide any necessary equipment, such as hats, sunscreen, or raincoats.
4. **Outdoor Transition:** Once outside ensure children are marked as being outdoors and that Family headcount is completed.
5. **Outdoor Play:** Facilitate outdoor play activities, ensuring a balance of structured and free play.
6. **Supervision:** Maintain constant supervision of children while they are outdoors.
7. **Safety Checks:** Conduct regular safety checks throughout the outdoor play session.
8. **Indoor Transition:** Before returning indoors, ensure all children are accounted for and assist them in cleaning up and preparing for the transition. Once outside ensure children are marked as no longer being outdoors and that Family headcount is completed.

Specific Considerations:

- **Risk Assessment:** Conduct regular risk assessments of the outdoor play area to identify and address potential hazards.
- **Weather Conditions:** Adapt outdoor play activities based on weather conditions.
- **Individual Needs:** Accommodate the needs of children with disabilities or special requirements.
- **Parent Communication:** Inform parents of any outdoor play activities or changes to the routine.
- **Emergency Procedures:** Have emergency procedures in place for outdoor play, including contact information for emergency services and a designated meeting point.

Examples of Outdoor Play Activities:

- **Free Play:** Allow children to explore and play independently.
- **Structured Activities:** Organise games, sports, or nature-based activities.
- **Sensory Play:** Provide opportunities for sensory exploration, such as playing in the sand or mud.
- **Creative Play:** Encourage imaginative play and creativity through activities like building, drawing, or painting outdoors.
- **Nature Exploration:** Explore the natural environment, identifying plants, animals, and weather patterns.

By following these procedures, we can ensure that our outdoor play sessions are safe, enjoyable, and beneficial for all children.