



# Physical Activity

## Grass Roots Nursery Group: Physical Activity Policy

### Purpose:

This policy outlines our commitment to fostering a "movement-rich" culture. It is designed to align with **EYFS statutory requirements** for physical development, [NHS physical activity guidelines](#) for under-fives, and the specialist expertise of our Physical Activity and Nutrition Coordinator (PANCo).

### Leadership & The PANCo Role

Leadership is the engine of our physical activity culture. To ensure the highest standards:

- **Specialist Oversight:** Lucy, our designated **PANCo** (Level 4 in Promoting Health and Wellbeing), leads the design and monitoring of our physical activity strategies.
- **Culture of Movement:** We move beyond "scheduled PE" to create an environment where active play is central to every child's daily experience.
- **Evaluation:** Lucy and the leadership team regularly review this policy against current best practices to ensure it meets the evolving needs of our children.

### Curriculum Integration (EYFS Alignment)

Physical development is a prime area of the EYFS. We integrate movement into all learning areas:

- **Active Learning:** We promote "gross motor" skills through forest school, dancing, and outdoor exploration, as well as "fine motor" precision through creative play.
- **Managing Sedentary Time:** Following **NHS guidance**, we minimise periods of prolonged sitting. While rest and sleep are vital for growth, sedentary time is managed to ensure children remain active for the majority of their day.
- **Holistic Development:** Physical activity is used to support co-regulation, confidence, and social skills.

### The Enabling Environment

We provide a safe yet challenging space that invites children to test their physical limits:

- **Indoor/Outdoor Flow:** Children have consistent access to outdoor spaces that allow for high-intensity movement that may not be possible indoors.
- **Emotional Safety:** We foster a "can-do" atmosphere where children feel safe to take risks, building self-esteem alongside physical strength.

### Children's Voice & Individuality

We recognize that every child's physical journey is unique:

- **Choice & Agency:** Children are involved in decision-making and are encouraged to share their preferences for certain types of play or equipment.

- **Inclusion:** Activities are adapted to ensure every child, regardless of ability, can participate and progress.

### **Partnerships & Staff Well-being**

Healthy habits are most effective when modeled by adults and supported at home:

- **Staff as Role Models:** We encourage our team to prioritize their own physical health, recognizing that active staff inspire active children.
- **Home-Link:** Led by our PANCo, we collaborate with parents to share ideas for active play at home and connect with local community health experts.

**By implementing this physical activity policy, Grass Roots Nursery Group can create a culture that promotes healthy lifestyles, supports children's development, and fosters a love of physical activity.**