

Grass Roots Nursery Group: Physical Activity Policy

Purpose:

To establish guidelines for promoting physical activity at Grass Roots Nursery Group, ensuring that children have ample opportunities for movement and development.

Key Principles:

- **Leadership Commitment:** Leaders play a vital role in driving physical activity practices and policies.
- **Curriculum Focus:** Physical activity is integrated throughout the curriculum, promoting holistic development.
- **Enabling Environment:** Create a supportive environment for physical activity both indoors and outdoors.
- **Staff Well-being:** Encourage staff to prioritise their own physical activity.
- **Partnerships:** Collaborate with parents and the community to promote physical activity.
- **Children's Voices:** Listen to and value children's preferences and ideas regarding physical activity.

Leadership

- Leaders actively promote physical activity within the setting.
- Create a movement-rich culture that emphasises the importance of physical activity.
- Ensure that physical activities and active play are central to children's development.

Curriculum

- Integrate physical activity into all areas of the curriculum, providing rich learning opportunities.
- Promote physical development through activities like riding bikes, dancing, and playing outdoors.
- Manage sedentary time effectively, including rest and sleep.
- Encourage physical activity as part of various learning experiences throughout the day.

Environment

- Create a physical environment that supports physical activity, with sufficient space for movement and exploration.
- Ensure the environment is safe, accessible, and inviting.
- Consider the emotional environment, promoting positive experiences and self-esteem.
- Implement care routines that support healthy growth and well-being.

Staff Well-being

- Recognize the importance of physical activity for staff's own health and well-being.
- Encourage staff to engage in regular physical activity.
- Support staff in maintaining healthy lifestyles.

Partnerships

- Collaborate with parents to promote physical activity at home and in the community.
- Seek partnerships with local organisations or experts in physical activity.
- Encourage parents to contribute to physical activity initiatives.

Children's Voices

- Listen to children's ideas and preferences regarding physical activities.
- Involve children in decision-making processes related to physical activity.
- Respect children's individuality and provide opportunities for choice.

Review and Evaluation

- Regularly review and evaluate the effectiveness of the physical activity policy.
- Seek feedback from staff, parents, and children.
- Make necessary adjustments to ensure the policy aligns with current best practices and meets the needs of children.

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.