

Physical Activity Policy

West Rise Nursery



WEST RISE

October 2025

Introduction.

West Rise Nursery is committed to promoting the health and wellbeing of all its children and staff through physical activity.

Copies are kept electronically and shared with our families.

Definition of Physical Activity

Physical activity is defined as...

‘..activity that involves trunk movements and more exertion than the minimal movement required to carry out simple everyday tasks such as washing, bathing, dressing or activities playing board games or other passive play’.

Making the case for UK Physical Activity Guidelines, Early Years Working Progress Paper

‘Active children are healthy, happy, school ready and sleep better’.

Children of pre-school age who are capable of walking unaided should be physically active for at least 180 minutes (3 hours), spread throughout the day.

All under 5's should minimise the amount of time spent sedentary (being restrained or sitting) for extended periods (except time spent sleeping).

Every movement counts. This can include light activities such as standing up, moving round such as setting up activities or clearing away toys.

Physical Activity Aims and objectives.

Our Aim is to ensure that all aspects of physical activity in the setting are promoted for the health and wellbeing of children, staff and parents/carers.

West Rise Nursery specific objectives are as follows;

- to enable children, staff and parent/carers to understand the importance of physical activity through the provision of information (websites, leaflets, training) and development of appropriate skills and attitudes.
- To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the setting.
- To increase physical activity levels of children in line with government/NHS recommendation.

Facilities and Resources Provision

West Rise Nursery currently has a wide range of suitable and age appropriate outdoor and indoor resources that support both fine and gross motor skills and

opportunities for light and active play: These include indoor and outdoor spaces such as the school hall, Honey bee garden, balance bikes, building blocks and parachutes.

We are able to offer access to two all-weather gardens where varying resources are stored.

Wet weather clothing and foot ware is available for all children to support outside provision whatever the weather.

During warmer weather children will wear sunhats, sun cream and we will provide shade and reduce the length of time played outside. (See our Sun Policy)

Physical Activity Co-ordination

Caroline Croft, Nursery Lead has responsibility for developing policy and practice and monitoring physical activity provision. Practitioners actively use the physical activity pathway to track and monitor the children's physicals development. <https://czone.eastsussex.gov.uk> under Early Years Foundation Stage then Healthy Active Little Ones (HALO)

Staff development:

Staff have a responsibility to promote physical activity and to support physical development. We feel it is essential for our staff to feel confident in delivering and supporting physical activity so staff have attended the following courses training; Balance ability, BHF Early Movers, Neil Farmer Physical training. Training is cascaded to team during staff meetings and inset days.

Ethos and Environments

West Rise Nursery strives to maximise the opportunities for children and all associated with the nursery to be physically active by promoting all avenues for activity including the curriculum, environment and the wider community.

West Rise Nursery recognises the importance of physical activity and its integration into planning for the development of communication, numeracy, personal social and emotional development and ICT skills.

West Rise Nursery also invites outside agencies in to carry out physical movement sessions such as football, rugby, yoga and music and movement sessions.

Activity Practitioner led/ active child led play

At West Rise Nursery, we provide children with a mix of practitioner led activities such as Yoga, dance and balance ability plus unstructured active play daily. This is facilitated by the nursery environment, which is designed to encourage children to be physically active.

Parents/Carers as partners

At West Rise Nursery, we understand that parents/carers are crucial to encouraging their children to be active. West Rise Nursery therefore aims to making parents/carers aware of the minimum activity recommendations, provide parents/carers with ideas on how to keep their children active and to liaise with parents/carers about their child's activity levels through their key person.

We share physical activity 'take home' bags to promote activities as part of a family. Feedback received is collated and used to promote areas of development i.e. walking up and down the stairs independently.

Active Travel

We encourage families to walk where possible, we celebrate children cycling or scooting or walking. We have a space outside the building for buggies, scooters etc to be left.

Equal opportunities.

All the physical opportunities offered at West Rise Nursery are designed to be inclusive and cater for different ability levels. As a nursery we work with outside agencies to support children and families with physical development needs. (For more information, please refer to the Inclusion policy).

Staff Activity

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible e.g. as part of practitioner sessions and sharing hobbies such as running, cycling, dancing etc.

Health and Safety

Please refer to our Health and Safety Policy and Risk Assessment file.

Use of any external personnel including activity leaders and volunteers will be in line with the settings policy of DBR/staffing checks.

Monitoring and Evaluation

Nursery Lead-Caroline Croft will have lead responsibility for the monitoring of the physical activity in the setting. A range of measures will be used to evaluate impact of the policy in line with the above-mentioned objectives. The Policy will be reviewed annually.