



St John's Primary School

Physical Activity Policy for Early Years

We are a fully inclusive school community with an inspirational, challenging and child-led curriculum that ensures all children become independent learners for life. We ensure all children are at the centre of a broad, varied and interesting learning experience that is enjoyable and relevant for the future. Our creative, progressive curriculum will create a sense of awe and wonder and help to inspire a lifelong love of learning. The holistic nature of our practice and pedagogy will promote positive mental and well-being and will enhance our children's life skills, social skills and exposure to activities that provide 'cultural capital'.

Aim: All children in our setting to achieve a Good Level of Development for their physical development. Children will meet developmental milestones and all children will make progress from their starting points.

Purpose

This policy promotes regular physical activity among children aged four and five at St John's Primary School, Gosport. Physical development is essential for the health, development and well-being of young children, supporting motor skills, social interactions and overall physical health. This policy outlines the guidelines for ensuring a supportive and active environment that encourages safe and purposeful, stage appropriate physical activities.

The Early Years team are committed to providing attentive supervision to ensure children's safety during play and exploration. However, minor accidents and injuries may occasionally occur as part of children's natural learning and development processes. These experiences are valuable for building resilience, problem-solving skills and understanding boundaries. At St John's we prioritise both safety and benefits of exploration, encouraging a balanced approach that supports children's growth and well-being.



Provision

This policy applies to all children in St John's Early Years setting, staff and families.

1. Daily Physical Activity Requirements

Physical Activity is whole body movement of varying intensities and requires more energy than resting, often gained through play.

- Children aged 3-5 should have at least 180 minutes of physical activity, including at least 60 minutes of energetic play such as running, jumping or climbing.
- Activities should be spread throughout the day and fit into daily routine.



2. Structured and Unstructured Play

Structured physical activities: staff will provide stage-appropriate physical activities throughout the day. These may include simple games, obstacle courses, musical movement and guided movement.

Children should be given the opportunity to access the following movements: slide, swing, crawl, climb, run, roll, spin, push, pull, jump, hang, tug, dig, lift, sweep, balance, rough and tumble play and be upside down.

Unstructured play: Children will have regular opportunities for free play in safe and engaging environments both indoors and outdoors, with opportunities to explore stage appropriate risky play.



3. Outdoor Play

Children will have access to all weather outdoor play daily, as fresh air and natural environments are beneficial for physical development. Outdoor areas will be well-maintained and offer opportunities for a variety of physical activities such as running, climbing and balancing. Large loose parts play can benefit children's physicality and curiosity and is in offer each day. Outdoor, rigorous play is encouraged and supervised at all times of the school day.



4. Safety and Supervision

All physical activities will be supervised by trained staff to ensure safety and prevent injuries. Staff will conduct regular risk assessments of indoor and outdoor play areas to maintain a safe environment. Appropriate protective gear, like helmets, will be provided when necessary. Children will be encouraged to use bikes, trikes and scooters when safe to do so and children will be supported to explore dynamic movements like hanging, sliding, spinning and swinging.

5. Sedentary Behaviour Guidelines

At St John's we will endeavour to adhere to the NHS guidelines and will minimise the amount of time children are sat to no more than one hour at a time. Children will be encouraged to stand in many areas in the unit including; making area, role play and painting table. Screen time in the unit is discouraged. Children will have less than an hour a day of looking at a screen.

6. Encouraging Physical Activities in All Abilities

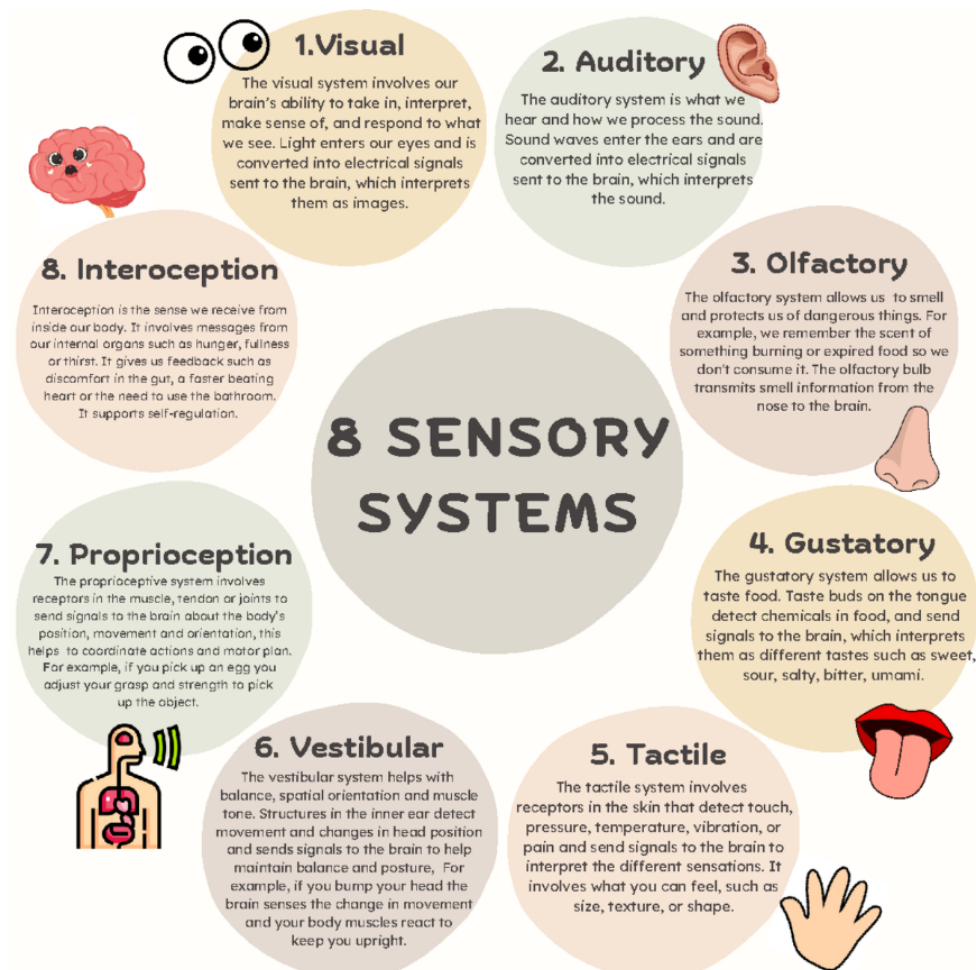
Physical activities will be inclusive and adaptable to meet the needs of children of all physical abilities. Staff will work closely with families and health professionals to accommodate any specific needs and support physical development for all children regardless of starting points.

7. Family Engagement and Education

Families will be informed about the importance of physical activity for young children and encouraged to engage in active play at home. Regular updates will be provided to families about their child's participation and progress in their physical development.

8. Staff training

Staff members will receive training on the developmental benefits of physical activity for young children. Staff will also be educated on age-appropriate physical activities. Safety protocols and ways to foster an inclusive and active environment for all children. Staff will be aware of the role of early reflexes and the 8 sensory systems on physical development. Staff will monitor children who may have difficulties with sensory integration and other aspects of physical development, seeking advice and guidelines as appropriate.



This policy is in place to help children develop healthy habits, stay physically active and enjoy an environment that promotes movement, exploration and development of the whole child.

January 2025