

Template for Physical Activity Policy



Please remember that this is a basic outline only and **your setting should use it to develop and form your own physical activity policy. Please expand and personalise each of the headings.** Consider who has been involved in forming the policy, clarifying what is defined as physical activity and how your setting will meet national guidelines. Refer to Guidance from the Chief Medical Officer (CMO) on how much physical activity people should be doing (The UK national guidelines for physical activity) The links to the guidelines are on the HEYA website under physical activity or you can find them here [UK chief medical officers physical activity guidelines](#)

Remember that some parents and staff may not be aware of the statutory requirements or terminology, so be clear in your policy regarding your expectations and explanations for staff and for parents and carers.

Ethos and environment

As a childcare provider, our setting has given thought to how indoor and outdoor spaces can support and enhance children's experience and opportunity for active play and allow children to move freely between both environments. *Explain your setting approach to Physical Activity and why it is important.*

Physical Activity Co-ordination – Name the person who is responsible for this in your setting and how people can identify them.

Aims

To provide varied developmentally appropriate physical activities for all children to enjoy regularly throughout the course of every day.

Objectives

- To be a positive role model to all children.
- To ensure that all children are encouraged and provided opportunity to meet the national guidelines in respect of physical activity of 180 minutes a day pro-rata to the time spent in the setting's care, considering varying abilities.
- To provide age-appropriate resources for active play.
- To provide opportunities for all children to practice a wide range of physical activities using both fine and gross motor skills.
- To encourage active travel within my setting and amongst families e.g. park and stride schemes.
- To encourage and ensure opportunity exists for both indoor and outdoor physical play daily.
- To allow children to be independent when playing and to take reasonable risks to allow them to develop their physical skills.
- To monitor and minimise sedentary behaviours.
- To limit screen-based time to a maximum of one hour a day pro-rata to the time spent in the setting's care for children aged 2 and over and no screen time for under 2's (remember to consider all types of screens – TV, computer, tablets etc.).

Resource provision and facilities

Children wear suitable clothing/ footwear for physical activities and different weather conditions. Wherever possible, facilities and resources provided are inclusive. *Explain your procedures for clothing and whether you provide them or if you expect parents to provide suitable attire.*

Early year's curriculums/frameworks – *what are the requirements? Highlight them in your policy.*

This policy supports the following requirements:

- National guidelines on physical activity levels and levels of sedentary behaviour, issued by the Chief Medical Officer. [UK chief medical officers physical activity guidelines](#) (children's section pp24-27)
- Early Years Foundation Stage learning and development and welfare requirements – make links to specific health and physical activity requirements [EYFS](#)
- Safeguarding and promoting children's welfare
- What links are there to other areas of the curriculum? E.g. physical activities can support acquisition of language, relationships and social skills, mental health & wellbeing etc.

Working with and supporting parents – *how will you do this?* Think about home learning links.

Expectations of the staff team including role modelling – *what is required* and how will they be supported to ensure positive physical activity?

Equal Opportunities - how you will meet the needs of children of all ages/ stages of development and specific needs?

Community links

Places in the community that encourage physical activities are visited e.g. playgroups, soft play areas and parks. Do you go offsite for physical activity? Where do you go?

Sedentary behaviour - *explain what this means and why it's important to be active*

Children in the early years should be discouraged from being sedentary. Sedentary behaviour should not last for more than one hour at a time, except when sleeping. This includes time restrained within a highchair, small playpen, car, pram or buggy, watching TV or other screen time, such as phones and tablets, or any other sedentary behaviour that limits the benefits of physical activity.

Active travel *explain what this means and how parents can support this*

Active travel is practiced whenever possible and is promoted to families as best practice for increased physical activity. *Explain how and why this is important.*

Assessment/recording/reporting

Children's progress will be assessed, recorded and monitored and progress relayed to parents. – To whom and how differently does this information need to be reported, e.g., parents, carers and health professionals. *How will you address this?*

Consultation

Include how families will be consulted on physical activity practice and the needs of the child. Families will be informed of any updates on the guidelines issued by the CMO. Explain how you will consult with them.

Name:

Signed:

Date:

This policy was written on:

This policy is due for review on: