

Orchard House Physical Activity Policy.

At Orchard house we aim to promote the health and well-being of everyone within our setting, we do this by encouraging physical activity and providing consistent messages to children, parents and our team of practitioners.

We are aware that children of all ages need to be active, especially as being active is very important for children under the age of five, this is because it helps to build and maintain a good level of health and is essential to help them grow and thrive. At Orchard house we recognise that children need to play and learn new skills.

As a setting we follow the guidelines set out by the Chief Medical Officer regarding how much physical activity children under the age of five should be taking part in:

Children who are not yet walking.

- Physical activity should be encouraged from birth, this can be achieved through floor-based play, reaching, grasping, rolling etc. Babies should have 30 minutes tummy time every day, spread throughout the day.

Children who are confident walkers.

- Children should be physically active for at least three hours throughout the day. For pre-school age 60 minutes of this time should be moderate to vigorous activity.

Our nursery day includes planning for indoor and outdoor activities. For our babies that are not mobile, we encourage movement through floor play, tummy time, hide and slide and lots of space to roll around.

Older children use our climbing frame, slide, stilts, and large garden area to run, hop skip and jump. We also encourage the children to participate in music and movement sessions, PE, obstacle courses and yoga classes. We ensure that all our children have as much time outdoors as possible in all weathers.

We conduct risk assessments, both inside and outside, to ensure the safety of all the children within our care.

We minimize the amount of time children spend being sedentary (except sleeping time). This includes low energy activities such as sitting or lying down which limits the child's opportunities to move. Children are only required to sit when eating and not for long periods of time.

All children, including SEND (special educational need and disabilities are entitled to a comprehensive programme of physical activities.

We are confident in providing advice to parents and carers in relation to families adopting healthy lifestyles and being physically active. We encourage parents to

walk, scoot or cycle with their children for part of the way to get to nursery. We enable this by having a safe shed for them to place their scooters and buggies.

Our team of practitioners aspire to be positive role models for our children. We aim to take part in physical activity whenever possible; we also do this by joining in with the children taking part in physical activities within the nursery.

All physical activity is in line with our health and safety policy

Our aim at Orchard house is to provide our children with the best possible care, promoting them to eat a balanced diet and to be healthy.

Donna Bachelor

12th September 2024