



Physical activity policy

Aims and values of our Physical Activity Policy

At Little Pennies Pre-school we recognise the physical, social and developmental benefits of regular physical activity and gross motor movement skills for young children. We aim to encourage all children to achieve their physical potential and develop their confidence through participation, by including physical activity and skill development as an integral part of the pre-school's daily routine.

We aim to value the benefits of a healthy balanced lifestyle and to develop children's physical competence by being actively involved in a variety of physical activities which are both formal and informal. We offer children a free flow environment where children can take part in physical play and activities both indoors and outside. We also have the use of the First School playground and playing field as well as the community sports field.

Aims:

- To build children's confidence to take manageable risks in their play.
- To provide a range of fun, developmentally appropriate physically active learning experiences.
- To motivate children to be active and help them develop movement skills through praise, encouragement, games and appropriate guidance.
- To notice and value children's natural and spontaneous movements, through which they are finding out about their bodies and exploring sensations such as balance.
- To provide time to support children's understanding of how exercise, eating and hygiene promote good health.
- Body skills are taught as well as spatial awareness to develop coordination.
- To allow sufficient space, indoors and outdoors, to safely provide relevant activities for energetic play.
- Introduce appropriate vocabulary to children, alongside their actions.
- To give children opportunities to use a range of equipment to persist in an activity, practicing new and exciting skills and learning from their mistakes.
- To encourage children to master basic movements including running, jumping, throwing, catching, as well as developing balance, agility and coordination.

This policy was adopted at a meeting of Trustees on

and was checked and re-affirmed on

Signed on behalf of The Little Pennies Pre-School

..... (Chairperson)

