



Physical Activity Policy

At Little Explorers Day Nursery and Preschool, we are committed to promoting physical activity as a fundamental part of every child's daily experience. We recognise that movement and active play are essential for children's physical development, emotional wellbeing, social skills and cognitive growth.

Our approach is guided by the Statutory Framework for the Early Years Foundation Stage 2025 and recommendations from the UK Chief Medical Officers, which state that young children should be physically active throughout the day.

We believe that children learn best through active, hands-on experiences and that physical activity supports all areas of learning and development.

Aims

We aim to:

- Promote children's physical health, wellbeing and development
- Provide regular, meaningful opportunities for movement and active play
- Support the development of gross and fine motor skills
- Foster positive attitudes towards physical activity and healthy lifestyles
- Reduce sedentary behaviour and encourage active learning
- Build children's confidence, resilience and independence

Curriculum Intent

Physical activity is embedded within our curriculum, particularly within Physical Development, one of the prime areas of learning in the Statutory Framework for the Early Years Foundation Stage 2025.

We recognise that physical development:

- Supports brain development and learning
- Builds strength, coordination and control
- Enables children to explore their environment safely
- Contributes to emotional regulation and wellbeing

Our Commitments

We will:

- Provide daily opportunities for physical activity, both indoors and outdoors
- Ensure all children, regardless of age, ability or background, can participate
- Offer a balance of child-initiated and adult-led activities
- Follow guidance that children under 5 should be active for at least 180 minutes (3 hours) throughout the day
- Incorporate movement into everyday routines and learning experiences
- Promote outdoor play as a priority (see Outdoor Play Policy)

- Minimise sedentary time (excluding rest, sleep and meals)
- Provide opportunities for safe risk-taking in a supervised environment
- Adapt activities to support children with SEND or additional needs
- Promote inclusive and culturally diverse physical activities

Implementation in Practice

We provide a wide range of physical activities, including:

Gross Motor Development

- Climbing, balancing and obstacle courses
- Running, jumping and ball games
- Dance, music and movement sessions
- Outdoor exploration and active play

Fine Motor Development

- Mark-making, drawing and painting
- Construction and small-world play
- Threading, puzzles and manipulative activities
- Use of malleable materials (e.g. playdough)

Active Learning Across the Curriculum

- Movement-based learning (e.g. action songs, storytelling)
- Physical exploration linked to topics and children's interests
- Sensory and exploratory play

Outdoor Play

Outdoor play is a key part of our provision. Children have regular access to outdoor environments that support:

- Energetic movement
- Exploration and risk-taking
- Imaginative and creative play
- Connection with nature

(See Outdoor Play Policy)

Inclusion and Individual Needs

We ensure that all children can access physical activity by:

- Adapting activities and environments
- Providing additional support where needed
- Working with parents and professionals
- Ensuring inclusive practice for children with SEND

Staff Responsibilities

All staff are responsible for:

- Modelling positive attitudes towards physical activity
- Encouraging participation in active play
- Observing and assessing children's physical development
- Ensuring safe supervision and appropriate ratios
- Promoting confidence, resilience and teamwork
- Supporting children's understanding of self-care (e.g. hydration, rest)
- Carrying out dynamic risk assessments during physical activity

Health, Safety and Risk Management

We ensure that physical activity is safe by:

- Carrying out risk assessments for environments and activities
- Supervising children appropriately
- Maintaining equipment to a high standard
- Supporting children to understand safe boundaries
- Promoting safe risk-taking

This supports both children's safety and their ability to assess risk independently.

Partnership with Parents and Carers

We work in partnership with families by:

- Sharing information about children's physical development
- Providing ideas for active play at home
- Encouraging active lifestyles (e.g. walking, scooting)
- Signposting to local opportunities and resources
- Celebrating children's achievements and milestones

Safeguarding and Wellbeing

Physical activity plays an important role in safeguarding by supporting:

- Children's emotional regulation
- Mental health and wellbeing
- Confidence and resilience
- Healthy development

Staff remain vigilant to any concerns relating to a child's physical development or wellbeing and act in line with safeguarding procedures.

Monitoring and Evaluation

We monitor the effectiveness of this policy through:

- Observations and assessments of children's development
- Staff reflection and supervision

- Feedback from children and families
- Review of environments and provision

Policy Review

This policy will be reviewed:

- Annually
- In line with updates to the Statutory Framework for the Early Years Foundation Stage 2025
- Following feedback or changes in practice

Linked Policies

- Outdoor Play Policy
- Health and Safety Policy
- Risk Assessment Policy
- Inclusion and SEND Policy
- Safeguarding and Child Protection Policy

This policy was adopted on	Reviewed
<i>21/05/2025</i>	<i>4th May 2026</i>