

Physical Development Policy

Policy statement

Early Years foundation Stage Requirement

1.5. Physical Development involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

3.47 Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious

3.58. Providers must provide access to an outdoor play area or, if that is not possible, ensure that outdoor activities are planned and taken on a daily basis (unless circumstances make this inappropriate, for example unsafe weather conditions). Providers must follow their legal responsibilities under the Equalities Act 2010 (for example, the provisions on reasonable adjustments).

We use this policy alongside the following policies and procedures to ensure the safety and well-being of the children is paramount throughout their time in the outdoor and indoor environment:

- Outdoor Play Policy
- Staffing (Deployment and supervision of Children)
- Food and Drink Policy

Curriculum and Pedagogy

At Fennies Day Nursery we are committed to providing all children with the opportunities to be active and participate in physical development across all areas of the development within the Early Years Foundation Stage (2017) and encourage children to make healthy choices. We use one of our values within our pedagogy of Planning in the moment which allows children to build upon opportunities to challenge their knowledge, learning and development further through interest based purposeful activities and resources, which can be adult-led and child-initiated.

We recognise that children need daily access to physical development in order to keep fit, healthy and develop their fine and gross motor skills and learning in a natural environment which provides challenge and risk to their development. According to the NHS guidelines children under the age of five years should be accessing approximately 3 hours (180 minutes) worth of active physical engagement daily. Active play according to

the NHS guidelines are activities that get the children's heart beats pacing or include bursts of energetic behaviours.

Our Early Years Educators aim to ensure the physical active element is incorporated into their daily planning for the children, it is vital that the Early Years Educators also plan activities and island times to support the component of making healthy choices. Making healthy choice is key in building and developing children knowledge and independence.

At Fennies Day Nursery we are committed to promoting equality and diversity and ensuring all children are inclusive and supported in the environments. Where additional measures are put into place to support children individual needs, we endeavour to ensure that children have the ability to participate and ensure the activities are accessible for children with learning difficulties and disabilities to ensure an inclusive approach.

The Early Years Nutrition Partnership (EYN Partnership)

We are pleased to announce that Fennies are now members of the Early Years Nutrition Partnership (EYNP). Early Years Nutrition are a national social enterprise who alongside the Pre-school Learning Alliance and the British Nutrition Foundation aim to improve the future health outcomes of young children by setting a standard for nutritional practice in early years settings. The EYNP works in partnership with Fennies Early Years Educators to ensure the activities being provided support children and young people in making healthy and right choices, for example oral healthy, healthy eating and diets.

As an official member, Fennies will be working towards an accreditation which evidences a commitment to good early years nutritional practice. In 2018 we will work together with our dedicated early years nutrition professionals, who will provide support, resources and training opportunities that will revitalize our menus, enhance mealtime practice at our settings as well as enable and educate our staff teams.

Related articles

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/>

This policy was adopted on	Signed on behalf of the nursery	Date disseminated to staff	Date for review
<i>February 2019</i>			<i>February 2020</i>