



# FOUNDATIONS DAY NURSERY

Est. 2010

## Physical Activity Policy

At Fun Foundations Day Nursery we aim to promote the health and well-being of the whole setting through encouraging physical activity and providing consistent messages to children, parents and staff.

We are aware that children of all ages should be active. Being active is important for children under five because it helps them to build and maintain a good level of health; physical activity is essential for growth and development. Children under five need time to play and learn new skills; the early years are also an important time to establish good habits relating to physical activity.

We follow the guidelines set out by the Chief Medical Officer regarding how much physical activity children under five should be taking part in:

Children who are not yet walking:

- Physical activity should be encouraged from birth, through floor-based play, reaching, grasping, rolling etc. Babies should also have 30 minutes tummy time everyday, spread throughout the day.
- Children who are confident walkers
- Children should be physically active for at least three hours throughout the day. For preschoolers, 60 minutes of this time should be moderate to vigorous activity.
- Our nursery curriculum ensures that all children have experiences that promote enjoyment in physical activity, providing all children with regular access to a wide range of physical experiences, indoors and outdoors, using a range of equipment and resources.

For children who cannot walk, we encourage movement through the use of treasure baskets and floor play which helps encourage children to reach and grasp.

More confident walkers use soft play equipment, indoor and outdoor climbing equipment and activities such as Busy Feet and play dough making and outdoor walks.. We encourage the children to participate in yoga and dance. We ensure that the children have as much time outdoors as possible to support social, emotional, spiritual and physical development, as well as well-being.

Experiences provided allow children to use a wide range of tools and equipment with increasing control, supporting children in developing an awareness of their bodies, in terms of their co-ordination, core strength and balance, and gross and fine motor skills. The experiences provided will help children to gauge and manage risk, supporting them to think, plan and make decisions about their movements and actions.

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**Focused on holistic development**



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We conduct risk assessments, both internally and for off-site visits to ensure the safety of all the children in our care.

We minimise 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 opportunity to move. Children are only required to sit when eating and not for extended periods of time.

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 or all the way to the nursery. We enable this by providing a safe place to store scooters and buggies.

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, e.g. as part of practitioner sessions and sharing hobbies such as running, cycling, dancing etc. Alongside this, we join in when the children are doing physical activity at nursery.

All physical activity is in line with our Health and safety - general policy and Overall approach to risk assessments policy.

Use of any external personnel including activity leaders and volunteers will be in line with the Supervision of visitors policy.

Signatures	Date of review
A. Ferguson.	June 2026