

Wellsprings Primary School

Physical Activity Policy



Approved by the Governing Body of Wellsprings Primary School: Dec 2022

Next review due by: September 2023

Intent

At Wellsprings we believe that every child should have access to high quality physical activity from birth. Wellsprings is committed to supporting the health and wellbeing of all its children, staff and families. This policy outlines the efforts and commitment Wellsprings takes to promote physical activity in our Early Years Foundation Stage.

We have clear targets and standards that we aim to achieve relating to physical activity and physical development:

- Physical activities on offer in our setting will be enticing and engaging for children.
- Physical activities to develop gross motor skills will always be on offer in our outdoor play spaces, and often indoors.
- Physical activities to develop fine motor skills will always be on offer in every area (outdoor and indoor).

The UK Chief Medical Officer (CMO) recommends that children aged 0-5 are physically active for a total of 60 minutes on a daily basis.

Ethos and Environment

At Wellsprings we are proud of our physical activity provision. In addition to equipment and structured activity available at Wellsprings, we encourage our children to choose to be physically active through play and imagination both inside and outside. We achieve this by developing an environment that allows children to move more and sit less therefore making the choice to be physically active themselves.

At Wellsprings we aim for all of our physical activities to be inclusive and appropriate for the needs of all of our children.

Wellsprings encourages active travel for the workforce and families. Wellsprings have a safe area to lock bikes and scooters.

Implementation

Workforce

In EYFS a member of staff takes on the role of physical activity leader. We feel it is vitally important that all staff act as positive role models for physical activity and are knowledgeable in the physical development of children.

Wellsprings provides physical activity and physical development CPD opportunities for staff. In the past this has included Full of Bean Workshops for nursery staff and multi-skills and skipping CPD for teachers.

Staff at Wellsprings realise the importance of physical activity. Through team spirit and encouragement, the staff are positively modelling physical activity to their children and providing them with the best opportunity as possible.

Family Engagement

Wellsprings understands that families can be crucial to encouraging their children to be active. To help update and educate families on the benefits of physical activity Wellsprings have developed a physical activity display board which is located Nursery corridor and Reception drop-off point. This display board allows families to gain knowledge of:

- recommended physical activity levels of children and adults
- benefits of physical activity for children and adults
- external provisions and physical activity opportunities within the community
- internal physical activities that take place
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Learning

Wellsprings believe that physical activity can be an excellent vehicle for developing children's learning. We encourage children to develop their understanding of health and physical activity. Staff know the stages of physical development and can explain how physical activities can be planned according to these stages.

EYFS Leads promote understanding of physical development during staff meetings and staff appraisals. Staff may refer to 'Birth to 5 Matters' to better understand physical development in the early years and foundation stage.

Families are educated on the benefits of regular physical activity for children and adults, Wellsprings achieve this by Squirrels Newsletters, Tapestry journal posts, school newsletters, display boards and closed facebook group.

Health and Safety

Please refer to the setting's Health and Safety Policy and Risk Assessment. Use of any external personnel including activity leaders and volunteers will be in line with the setting's policy on CRB/staffing checks and follow safeguarding procedures.

Impact

Monitoring

The physical activity co-ordinator will have lead responsibility for the monitoring of physical activity in the setting. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives.

See Assessment and Recording within PE Policy and EYFS Policy.

This policy will be reviewed annually by the subject leader and School Governors.