



Registered Charity No 1035670

Physical Activity Policy

Beckley Preschool is committed to promoting the health and well-being of children and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity in the setting.

Ethos and Environment

Beckley Preschool strive to maximise opportunities for children and staff to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

Physical activity aims and objectives

Aim; to ensure that all aspects of physical activity in the setting are promoted for the health and well-being of children, staff and visitors.

Our specific objectives are;

- to enable children and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
- to provide and promote opportunities for staff and children to be physically active throughout and beyond Nursery and Preschool hours.
- To increase physical activity levels of children in line with National targets

Equal Opportunities

All physical activities offered at Beckley Preschool are designed to be inclusive and cater for different ability levels.

Resource Provision

The setting has access to large indoor spaces equipped with portable apparatus for all forms of gymnastic play and games as well as a variety of outside areas.

Beckley Preschool has the use of a large space during all sessions which is separated from the rest of the activities by wooden barriers.

Beckley Preschool has both a garden and a small field area which provide adequate opportunities for outside exploration and play.

The settings has many resources for games, dance, indoor and outdoor activities which are reviewed and updated as and when needed.

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Planning for Physical Activities

Planning is individualised for each child to include their next steps and is based on the EYFS curriculum for physical development. It is also considered important that physical activities across the curriculum are planned daily.

Staff also attend various training courses to develop more focused opportunities for physical play. They aspire to be positive role models for the children and to take part in physical activity as much as possible.

Health & Safety

Please refer to the Health and safety Policy and the Risk assessment File.

This policy was adopted by the Management Committee of Beckley Preschool and Northiam Nursery on 25th January 2017.

Signed on behalf of the management committee:

Role of signatory:

Date: