

## Policy on physical education for Children

### Principle Statement

To promote physical exercise to all the children and to educate them to lead a healthy lifestyle.  
To encourage them to be physical at nursery and in the home setting.

The Government state that all children should participate in some kind of physical exercise for 1 hour a day. Parents should be encouraged to keep their children active when they are with them at home to improve children's health.

### Key Principles

We, at the setting participate in physical activity throughout the nursery routine. This is built over the day and includes times where children can work together to build up skills, we teach them about why we should be active. We take part in events to make physical exercise fun and exciting and lastly we give the children lots of different opportunities to be active.

> We have invested in lots of indoor resources to promote physical activity such as climbing, balancing, dancing, jumping and riding bikes.

> We have provided waterproof clothing to enable all children to participate in outside activities.

> We go outside for 40 minutes in the morning and afternoon to participate in free play.

> We plan different activities each week to focus on different skills to learn.

> We plan a focus activity each week based on physical exercise for example, dancing and parachute games for all children.

> We encourage parents to walk to the nursery by providing space to park the buggies.

> We promote physical exercise by a notice board at the entrance that gets changed regularly with information for a healthy lifestyle.

> We send a bear home to challenge the children and parents to participate in a physical challenge/activity and then report.

> We go out to the park and library visits with children to encourage walking.