

## Physical Activity Policy

Belton Playgroup is committed to promoting the health and wellbeing of its children and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Belton Playgroup.

The policy was formulated through consultation with the management team and staff through staff meetings, with parents/carers through the setting website and newsletter, and with children through a number of methods including observation and feedback on specific issues, for example the development of the outdoor area.

Physical activity in young children is defined as...

'Activity that involves trunk movements and more exertion than the minimal movement required to carry out simple everyday tasks such as washing, bathing, dressing, or activities such as board games or other passive play'

Current UK physical activity recommendations state that children and young people should be active for a total of 180 minutes a day and that adults should be active for 150 minutes a week.

This is according to the NHS website: [www.nhs.uk](http://www.nhs.uk)

### **Aim**

To ensure that all aspects of physical activity in the setting are promoted for the health and wellbeing of children, staff and parents/carers.

### **Objectives**

- To enable children, staff and parents/carers to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.

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- To provide and promote opportunities for staff and children to be physically active throughout and beyond the setting
- To increase physical activity levels of children in line with national targets

Belton Playgroup has:

Climbing frames, wooden planks, bikes, scooters, balance boards, swingball, large tractor tyre, small tyres, basketball hoop, footballs, bean bags and much more.

All staff have the responsibility for developing policy and practice and monitoring physical activity provision.

Staff have a responsibility to promote physical activity and to support physical development. We feel it is essential for our staff to feel confident in delivering and supporting physical activity, so staff have attended the following courses: Purposeful Physical Play training.

We have also been supported by several local contacts including Super Star Sports. Use of any external personnel including activity leaders and volunteers will be in line with the settings policy on DBS/staff checks.

We have obtained a grant from Active together and have held an Active Open Morning where we had a sports coach who taught staff, parents and children some fun activities and then the families could take away activity bags which they could use at home to get active in a variety of ways. We had very good feedback.

Belton Playgroup strives to maximise opportunities for children, and all associated with the setting to be physically active by promoting all avenues for activity. This includes through the Early Years Foundation Stage, the environment and wider community.

The setting provides children aged 18 months plus with access to a wide range of physical opportunities during each session. In addition to the amount of structured physical activity children engage in up to 6 hours (up to 10 hours if attending the After-School Club) of unstructured active play daily. This is facilitated by our setting environment which is designed to encourage children to be physically active. Fun Filled Friday children also undertake a 20-minute session of PE per week. This could be based on the theme of the week or a session on YouTube or Cosmic Yoga, using technology for promoting physical activity. Children are encouraged to get themselves changed into their PE kit and plimsoles.

Belton Playgroup understands parents/carers are crucial to encouraging their children to be active. Belton Playgroup therefore aims to making parents/carers aware of the minimum activity recommendations, provide parents/carers with ideas on how to keep their children active and to liaise with parents/carers about their child's activity levels through the identified key person.

All physical activity opportunities offered at Belton Playgroup are designed to be inclusive and cater for different ability levels. For more information, please refer to the Equal Opportunities policy.

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, but we also encourage our staff to be active by having well-being sessions once a month if possible, walking, taking part in formal exercise, such as Pilates and during the daily setting up and clearing away.

For Health and Safety please refer to the setting's Health and Safety Policy and Risk assessment file.

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All staff 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. The policy will be reviewed every year.

This policy was adopted at a meeting of Belton Playgroup Association:

Held on: 1<sup>st</sup> June 2026

Signed on behalf of committee:

A handwritten signature in black ink, appearing to read 'A. Spencer', is written over a light grey rectangular background.

Name and role of signatory: Anna Spencer, Chair of Committee

Review date: April 2027