



Milverton Community Primary and Pre-School

EYFS (Pre-school) Physical Activity Policy

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Pre-School Physical Activity Leads: Charlotte Pringle-Kosikowsky and Rachel Andrews.

Introduction

Milverton Community Primary and Pre-school believes that every child should have access to high quality physical activity from birth. Our school is committed to supporting the health and wellbeing of all its children, staff and families. This policy outlines the efforts and commitment our Pre-school takes to promote physical activity.

At Milverton Pre-school we have clear targets and standards that we aim to achieve relating to physical activity and physical development:

- 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.
- To provide and promote opportunities for staff and children to be physically active throughout the day and beyond the setting.
- To ensure that staff strive to be positive physical activity role models to families.

Physical Activity Provision

The UK Chief Medical Officer (CMO) recommends that children aged 0-5 are physically active for a total of 180 minutes on a daily basis.

At Milverton Community Primary and Pre-School we are proud of our physical activity provision. We understand that it is important to maintain any equipment to a suitable standard to ensure the safety of the users. We have the following equipment available:

- Trim trail
- Bikes and scooters
- School grounds
- PE equipment
- Hall space

- Climbing wall and slide

During a normal week we have regular physical activity interventions that are led by our staff, these include

- Golden Mile
- Dough Disco
- Squiggle while you wiggle
- Real play/ Family FUNS activities

In addition to equipment and structured activity available at Milverton pre-School, 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.

We aim for all of our physical activities to be inclusive and appropriate for the needs of all of our children. We value the importance of including families in physical activity sessions and have invited families into our setting to join with dough disco and full of beans workshops. We also have a weekly FUNS activity to try to promote more physical activity at home.

Workforce

The physical activity leaders are Charlotte Pringle Kosikowsky and Rachel Andrews. They have the responsibility to lead and promote physical activity. Further information on their role is detailed on the 'physical activity leader responsibilities' a copy of this can be found in pre-school.

At Milverton Community Primary and Pre-School, we feel it is vitally important that staff act as positive role models for physical activity and be knowledgeable in the physical development of children. It is the responsibility of our setting to support staff in this knowledge and confidence, we achieve this by attending training, accessing our indoor and outdoor spaces within our setting and using the EYFS guidelines with broken down developmental stages to help us plan and support our children.

Our Pre-School provides the following physical activity and physical development CPD opportunities for their workforce:

- Full of Beans training
- Real play training
- Squiggle while you wiggle
- Through our early years communities

Our Early Years Practitioners 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

Milverton Community Primary and Pre-School understand that families can be crucial to encouraging their children to be active. To help update and educate families on the benefits of physical activity we have developed a physical activity display boards, which are located in the pre-school foyer, inside the pre-school room and in the reception area of school. These display boards 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
- Golden Mile personal achievements

Learning

Milverton Community Primary and Pre-School 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.

The physical activity coordinators promote understanding of physical development during staff meetings and staff appraisals. Staff may refer to '**Development 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. The Pre-School achieves this by using display boards, newsletters and parent mail.