

PHYSICAL ACTIVITY POLICY FOR WHIZZ KIDS PRE-SCHOOL

Please also see

- Equipment and Resources Policy
- Health and Safety Policy

Policy

Physical Development is a prime area of learning and development in Early Years. Our pre-school encourages and supports children's physical development in supporting body awareness, gross motor and fine motor skills, coordination and developing a healthy lifestyle. At Whizz Kids we recognise that Early Years is an ideal opportunity to encourage moving and playing every day.

Procedures

Opportunities to assess physical development are planned weekly, with our PE sessions for gross motor skills.

These include:

- Movement to music
- Parachute games
- Obstacle courses

A range of activities aimed at developing fine motor skills are part of our continuous provision, for example playdough, threading, construction.

Our outdoor environment allows children to run, climb and play ball games. Whizz Kids organises an annual Sports Day. Our indoor environment is set up to offer space for movement around the room, tables to sit or stand at and large floor mats. Circle time at the end of the session often includes action songs and rhymes.

This policy and its procedures was adopted at a meeting between Mrs Sara Ward and Mrs Terina Wilkinson on 26th November 2019 and will be reviewed annually or sooner if necessary.

Signed by

Mrs Terina Wilkinson

Room 1 Manager

And

Mrs Sara Ward

Room 2 Manager