



## EYFS Physical Development Policy

Reviewed by:	Jenna Comer – Head of EYFS	September 2024
Approved by:	Trish Watt - Head	September 2024
Governor Approval:	Professor Mark Bailey	September 2024
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### Aims

At Eaton Square School, we want to ensure that we promote the health and well-being of the whole EYFS community through encouraging physical activity and providing consistent messages to children, parents and staff.

### We are aware that children of all ages should be active

Being active is important for children under five because it helps them build and maintain a good level of health. Physical activity is critical to optimal growth and physical development, which in turn, builds a foundation for children’s curiosity and enthusiasm for learning, forming relationships and thriving. Children under five need time to play and master their physical environment and fundamental movement skills; the early years are also an important time to establish habits relating to physical activity.

The Chief Medical Office provides guidance on how much physical activity children under five should be doing - [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf)

### Physical Activity Guidelines for Pre-schoolers (Nursery and Reception)

Pre-schoolers should spend at least 180 minutes (3 hours) per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of moderate to vigorous physical activity.

**Physical activity for early years (birth – 5 years)**

Active children are healthy, happy, school ready and sleep better

- BUILDS RELATIONSHIPS & SOCIAL SKILLS
- IMPROVES SLEEP
- MAINTAINS HEALTH & WEIGHT
- DEVELOPS MUSCLES & BONES
- CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
- ENCOURAGES MOVEMENT & CO-ORDINATION

**Every movement counts**

**Aim for at least 180 Minutes per day for children 1-5 years**

**Under-1s at least 30 minutes across the day**

PLAYGROUND, JUMP, CLIMB, MESSY PLAY, THROW/CATCH, SKIP, OBJECT PLAY, DANCE, GAMES, PLAY

**Get Strong. Move More. Break up inactivity**

UK Chief Medical Officers' Physical Activity Guidelines, 2019



## Our Physical Activity Programme

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Our planning for both indoor and outdoor physical activities is based on the EYFS framework. Each programme of activity supporting physical development is planned, reviewed and evaluated on a regular basis. The programmes reflect our knowledge of the children's level of achievement and interests. We also provide free space to move and play imaginatively. We plan activities for children that support the development of their gross motor skills, for example: using the classroom structures, participating in games activities in the hall or visiting the local parks. We also provide opportunities for children to develop their fine motor skills by allowing them to: use playdough, partake in threading activities, as well as water and sand play. Our planning includes the children's participation in a weekly swimming lesson from the age of 3 (year group 3- to 4-year-olds), and specialist PE lessons also from the age of 3. All our children participate in games lessons in the school hall or at a local sport centre.

We also follow the Motor Movers programme. This programme combines movement with nursery rhymes, and the children participate in these sessions every day for around 10 to 15 minutes. The movements are based on the stages of child development and are designed to help children develop the balance, fine and gross motor movements they need for successful learning.

## We Have a Supportive Environment

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At Eaton Square School, we endeavour to provide an environment and space, which promotes physical activity and active play throughout each day. Our nursery classrooms have structures that encourage children's independent movement to develop both fine and gross motor skills. The EYFS teachers ensure that planning is in place on a weekly basis to provide continuous free-flow play in a stimulating and safe environment. We also ensure that children are taken to the local parks on a daily basis (weather permitting).

## Health and Safety

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We are aware that for children to learn about managing risks associated with physical activity, we need to offer stimulating and challenging environments; through these environments children are supported to explore and develop their own abilities and understanding. Alongside this, we aim to manage the level of risk so that children are not exposed to unacceptable dangers. All our classrooms, as well as outings, and trips, are risk assessed on a regular basis to ensure the safety of the children.

## Minimising the amount of time children spend being sedentary

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In the Early Years, spending time sedentary (being inactive, restrained or sitting) limits the opportunities that children have to move. Sedentary behaviour is any low-energy activity that takes place while sitting or lying down. We interact regularly with every child to encourage movement.

## Active Travel

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At Eaton Square School, we encourage parents to walk, scoot or cycle with their children for part or all the way to the school. We facilitate this by providing a safe space in the lower ground floor to leave bicycles or scooters. We also promote physical activity through our Eco events.