

Outdoor Play & Physical Activity Policy

At First Step we have a lead in Physical Literacy (Annette Rahman) who is responsible for ensuring the children have access to the outdoor play every day and take part in physical activities. This is achieved by role modelling what good outdoor play looks and how to support children to be physical inside. In addition Annette is also the Forest Schools Leader and with her assistant Yasmin Mohamed all children are given the opportunity to access Forest Schools throughout the year.

Parents are encouraged to dress their children appropriately for the weather and on setting visits we explain that children will be encouraged to access the outdoors every day. Parents are also invited to join in activities and to take part in a Forest School Session during the year.

Objectives: At Play2Learn we aim to:

- Ensure that all the children are outside for at least 15 minutes per day to allow them to get Vitamin D. This is shared with parents so they support their children in going outside.
- Use the garden as a context and a natural resource for learning
- Include the garden when planning for learning
- Enable all children to access the garden on a daily basis and that children with SEN are supported to access the activities as well as the younger age ranges.
- Ensure that the garden offers children the opportunity to investigate and explore, problem solve, use their imagination and creativity
- Ensure the outdoors offers children opportunities to develop their large motor skills
- Ensure that children enjoy energetic activities outdoors and the feeling of well being it brings
- Observe and assess and record the learning that happens in the garden
- Enable children to work on their own and with others
- Enable children to develop and appreciation of natural beauty and a sense of wonder about the world
- Respect the outdoor environment and to care for living things
- Enable children to manage and use the space and freedom afforded by the garden
- Give children the opportunity to relax, enjoy and have fun outdoors
- Use tools safely and effectively and to follow playgroup safety rules

Method

The staff will:

- Every morning before the children sit down for hello time they take part in a physical literacy activity which is repeated over two weeks to allow the children to become familiar with the movements. This is often supported by letters and sounds planning.

- Children have access to a range of activities throughout the day to enable them to have a minimum of 3 hours physical activity per day, this is done in partnership with parents so that if a child attend the shorter sessions the parent is given suggestions and ideas of how to increase this. E.g walk to nursery, go to the local park, let them walk around the shops.
- Facilitate access to the garden on a daily basis through discussion and staff meetings, planning and mutual agreement
- Organise and provide necessary resources as appropriate, for example tools
- Encourage children to use a variety of natural resources
- Devise a set of 'rules for outside such as stopping when an adult says to.
- Work in partnership with parents and share the benefits of physical activity for brain development.
- To ensure there are opportunities for physical play inside the setting as well as outside such as dancing, obstacle courses, building large constructions and creative activities using gross motor movements.
- Expressive arts and design will be used in a physical way to encourage movement through dancing, stretching, moving to the beat and telling stories. This will either be planned or happen spontaneously according to the needs and interests of the children.