Under Fives Roundabout

Physical Activity Policy

Policy No: 1.20

Last reviewed: October 2026
To be reviewed by: September 2027

Responsible member of staff: Samantha Capes **Date:** 07/10/2026



Responsible member of Committee: ..... Date:

Physical activity policy

Statement of intent

At Under Fives Roundabout we are committed to promoting children's health and well-being. We believe that physical development is a crucial aspect of children's learning, which is why we provide many opportunities for children to be physically active both indoors and outdoors and in all weathers.

Aim

We aim to support children in using their senses to learn about themselves, increase control over their bodies, practice and refine developmental movement patterns. We help children develop their confidence, self-esteem, independence and recognise the importance of keeping healthy through good eating, sleeping and hygiene routines.

Procedures

Our setting provides a range of fun and developmentally appropriate physically activities for children. All activities are risk assessed, and equipment is regularly checked to ensure children's safety. Physical activity is linked to all areas of learning. Daily sessions are carefully planned to minimize sedentary activities and our site layout provides space for children to be physically active. We also provide a wide selection of fun adult led activities – dancing, yoga, action songs. All children get involved in gardening and growing plants in the raised beds. Children have the opportunity to go out in all weathers and parents are encouraged to dress children appropriately. We have plenty of additional clothing e.g. raincoats, overalls for muddy kitchen and sun hats.

We believe that rest and relaxation is part of healthy development, and we give children opportunity to take a nap or rest in quiet and comfortable area.

We encourage parents and staff to walk or cycle to preschool by providing sheltered bicycle racks.

<u>Supporting Physical Development Outdoors:</u>

Equipment/Resources/ Activities: bicycles, tricycles, wooden logs for balancing, milk crates, tyres, sand pit, digging area, gardening area, brushes and pans, building blocks, sports equipment, mud kitchen, outlast wooden blocks,

Staff encourage the children to move in variety of ways: jump, climb, run, turn, balance, crawl, throw etc.

<u>Supporting Physical Development Indoors:</u>

Equipment/ Resources/ Activities: Sticky Kids – work out, Tumble Tots, Yoga, PE, Action songs, construction materials, building blocks, play dough, jigsaws, painting, drawing, cutting, water play, sand play, threading, hammering, junk modelling, imaginative play, small world play.