



General Welfare Requirement: Safeguarding and Promoting Childrens Welfare

The provider must promote the good health of the children, take necessary steps to prevent the spread of infection and take appropriate action when they are ill.

Physical Activity

Physical activity includes all forms of activity.

For children, it can range from the basic movements such as reaching forward and grasping toys to moving the whole body using gross motor movements.

Research shows that being physically active:

- Strengthens muscles and bones.
- Helps to develop a strong heart.
- Aids coordination and movement skills.
- Helps maintain a healthy weight.

Alongside all of this, social skills can be learnt, understood and practiced.

It is important to note that being active from birth means children are more likely to develop a healthy lifestyle In the future.

Policy statement

At Cherry Blossom Nursery and Preschool we are committed to promoting the health and well-being of our children and staff through physical activity.

Our ethos supports this...'where there are endless opportunities for fun and exploration in an enabling environment which supports healthy development through play'.

Cherry Blossom Nursery and Preschool encourages and supports children's physical development in body awareness, gross and fine motors skills as well as developing their knowledge of a healthy lifestyle.

Procedures

- Our names physical lead (Hayley Donoghue) have responsibility for developing policy and practice as well as monitoring physical activity provision which is in line with national targets.
- Babies are encouraged to move from birth starting with moving their heads and limbs. Once they are moving, a safe, stimulating environment encourages them to be more active. Using resources and adults to promote exploring movement safely.
- Children who can walk unaided are encouraged to sit less and be more active- the recommended daily amount of physical activity for a pre-school child who is able

to walk unaided is 180 minutes (3 hours) per day – through a carefully thought out routine and provision, the children have access to the garden throughout the day that encourages more physical development play.

- We understand that age appropriate active play is most valuable e.g. running, jumping, hopping, using a climbing frame, getting out of breath etc. as well as taking risks with movement – safely and with adult supervision.
- Our outside space is arranged so that a variety of activities can be managed safely and fairly.
 - We provide a range of resources for the indoor and outdoor classrooms, 'whatever the weather' in order to provide an enabling environment that fully supports physical activity.
- Staff have responsibility to promote physical development and activity. We support this by sending staff on courses such as 'Balanceability' and 'Early Movers' course to ensure they are confident in delivering and supporting physical activity.
- We plan and provide activities that promote physical activity through the EYFS, the environment and the wider community such as outings to the park or walks along the seafront.
- We provide children age 2+ with adult led – Balanceability – which is delivered in short sessions per week to support a child's physical development using their gross motor skills.
- We encourage parent/carer to support their child being active by; displaying and sharing relevant information and ideas, sending home 'Activity Bags' appropriate for their child's age and having discussions with them regularly about their child's physical development/activity during hand overs and parents evenings/meetings.
- All of our physical activity opportunities are labelled, allowing easy access/choice for all children.
- Our staff are encouraged to be positive role models for the children in our care, joining in with games and being physically active too.
 - Our practitioners observe the children's play and interests, they provide resources and activities that are based around children's interests, they join in/step back to further learning, whatever is appropriate so a good balance between child initiated, adult led activities is achieved.
 - We ensure all our physical activities and opportunities are in line with our Healthy and Safety policy and are risk assessed appropriately.

Date: 08/10/2025

Karen Elliott

Hayley Donoghue

