

Safeguarding and Welfare Requirement: Health

The provider must promote the good health of children attending the setting.



7.2 Physical Play

Policy statement

We take steps to ensure that there are effective procedures in place to promote the children's health and wellbeing whilst maintaining current health guidelines with regards to physical activity.

Guidelines

- 'Every movement counts' 2025 (Gov.uk) – aim for at least 3 hours across every day. Movement can be broken up into sessions of 10/20/30 minutes according to the age and development of the children.

Aims

- To encourage and support children's physical development in developing body awareness, gross motor control and coordination, fine motor skills and in developing their awareness of healthy practices.
- To support physical development of children with safe but challenging environments both inside and outside.
- To provide suitable resources and activities to promote physical activity.
- To identify and respond to any difficulties a child may have regarding their physical development at an early stage.

Procedures

- We follow the EYFS (2025) and pay close attention to the 3 Prime Areas, including physical development
- The daily routines in all our rooms incorporates and encourages lots of opportunities for physical activity, both indoors and outdoors. It is welcoming, accessible and inclusive to every child.
- We plan activities that encourage the children to be active and interactive and that develops their fine and gross motor skills, hand-eye coordination, control, and a range of ways to move.
- We ensure that all children have the ability or support to play and explore in our outdoor areas.

- We monitor how the children use the outdoor spaces, reflect on the use, and change it when necessary, regularly reflecting on our practice, involving the children in the decision making where possible.
- We help the children to understand the importance of physical activity, and to make healthy choices in relation to food.
- We help children to learn how to negotiate space and to move confidently in a variety of ways in a safe yet challenging manner.
- We encourage children to handle tools and equipment effectively and safely.
- We help the children to understand the importance of good health, physical exercise, and a healthy diet by talking about ways to keep healthy and safe.
- We help them work towards managing their own basic hygiene, personal needs, and independent toileting.
- We keep parents up to date with current guidelines/practice regarding physical play and how this can be incorporated at home.
- When possible we give children the autonomy to choose what they want to do and provide space in which to do so.
- We model play and support each child in their situations as well as providing opportunities for independent play.

Further Guidance

Early Years Foundation Stage Guidance (2025)

This policy was adopted by	Jolly Tots Preschool Nursery	(provider)
on	1 st September 2025	(date)
Date to be reviewed	September 2026	(date)
Signed on behalf of the management		
Name of signatory	Lee Davison	
Role of signatory (e.g., Chair/owner)	Manager	