



Physical Activity Policy

Introduction

Baby Ducks is committed to promoting the health and well being of the children in its care and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Baby Ducks

Physical Activity Aims & Objectives

Aim: To ensure that all aspects of physical activity in childcare are promoted for the health and well being of children, staff and visitors.

Our specific objectives are as follows:

1. To enable children and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
2. To provide and promote opportunities for staff and children to be physically active throughout the day

By the end of the EYFS stage a child should be able to move with confidence, imagination, co-ordination and control. To be able to travel around, under and through balancing and climbing equipment. They should be able to use a range of small equipment and tools.

Children will be given the opportunity to play and be creative in a physically active manner such as music, dance, role play and exploring their senses.

Physical activities will be planned on a daily/weekly basis for both inside and outdoor play.

Equal Opportunities

All physical activity opportunities offered at X Baby Ducks are designed to be inclusive, and cater for different ability levels. For more information please refer to the Equal Opportunities policy

Staff Activity

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible. Staff often play games with children and demonstrate physical activity where possible.

Staff will be encouraged to attend training offered by Brighton and Hove Council in relation to physical activity.

Active Travel

Baby Ducks promotes healthy travel to school. We also take part in Walk to School Week and Beep Beep Day which is linked to national road safety week on an annual basis.

Health and Safety

Please refer to the health and safety policy and risk assessment file.

