**PHYSICAL ACTIVITY POLICY**

At Amberley we are committed to promoting the health and wellbeing of all children and practitioners in our setting. We strive to maximise opportunities for physical play in an inclusive manner, making reasonable adaptations to our environment, activities and resources to enable all children to participate. We recognise the importance of risk taking in building children’s resilience and offer age-appropriate risks within play.

We operate a free-flow system between the garden and indoors and encourage all children to explore the outdoor space. We explore and play outdoors in all weather conditions; on the very rare occasions extreme weather conditions force us to stay indoors, we will incorporate physical activities into our indoor space. We use the balance bikes to encourage children’s development of balancing skills- research has shown that children often make the transaction to a pedal bike with greater ease when they have had the opportunity to enjoy the balance bikes from an early age.

We will provide activities across all areas of the EYFS in our garden and change these regularly to maintain children’s interest, we encourage the children to help choose activities and to have a balance of both adult-led and child-led activities. We provide varied developmentally appropriate physical activities for all children to enjoy regularly throughout the course of every day. Children will be observed both indoors as well as in the garden and individual ‘Possible Lines of Direction’ (PLODs) are planned for termly and are reviewed by the child’s keyperson.

Practitioners are encouraged to be good role-models for children and so will engage in physical play alongside the children, our home learning bags can be borrowed from nursery and are for the whole family to enjoy. We have two storage chests for the storage of buggies, bikes or scooters to promote active travel to nursery. We share news of local clubs and events through leaflets in our hallway, recognising the importance of physical activity for the health of families as a whole.

We are a Forest School and sessions are offered to children over the age of three, travelling to the High Woods to engage within walking, climbing, using tools and building fires-please refer to our Forest School policy for more information.

Policy revised November 2021 Lisa Gray