**5.c Physical Play and risk taking**

**Policy Statement**

We recognise that physical play is an essential part of a healthy lifestyle and that physically active children have an increased chance of a healthy adulthood with a reduced risk of developing, amongst other things, type 2 diabetes and obesity. We recognise that not only are there physical benefits, but there are also social and developmental benefits to regular physical activities for young children. As such we are committed to providing an environment in which physical activities are an integral part of our routine. We work towards the guidelines that preschool age children should have at least 3 hours of physical play per day. We thrive to provide as much physical play as possible to our children throughout their time with us.

**Procedures**

* We have free flow (outdoor/indoor) play during each session regardless of the weather.
* We provide a range of resources to maximise children’s opportunities to take part in physical activities.
* We aim to remove any barriers to physical activity ensuring there are enough resources for all children and ensuring we are able to provide specially adapted equipment, if appropriate, for children with special needs.
* We provide large play equipment to maximise children’s opportunities to explore a range of physical activities and develop a variety of skills. Children are supervised at all times and the more closely supervised on larger play equipment given the higher risk.
* We encourage children to take risks through their play, for example, climbing and being able to recognise the dangers that are involved. This is because not only the more challenging activities develop physical skills but that risk taking is essential for the child’s development and builds a sense of independence and builds their confidence.
* We provide opportunities for both structured and unstructured physical activity encouraging children to use both gross motor and fine motor skills during play.
* We assist children in developing physical skills by demonstrating how to do something if appropriate.
* Staff participate in physical play with the children setting a positive example.
* We encourage parents to dress children appropriately for physical and outside play and remind them of the need to provide various sun protection as appropriate.

## **This policy was adopted at a meeting of Woolston Community Pre-School on 03 May 2016**L**atest review** December 2023

**Role on committee: Nominated person**

Signed by

Date

Name of Signatory:

**Woolston Preschool manager**

Name Gemma Woodward

Date

Signature