

# Healthy Living

## Exercise – Physical Play



With such an emphasis on utilising the outdoor environment for learning and exploration, there is the risk of practitioners overlooking the opportunities for children to get their hearts pumping with physical play.

### Task

- Encourage the children to take their pulse before and after exercise, and discuss the effects exercise has on their bodies.

### Task

Put each of the following statements/questions on a piece of card and spend a short while reflecting/discussing current practice.

- How do you encourage children to understand how exercise helps them to stay healthy?
- How frequently do the children in your care experience physical play?
- Do you talk with children/parents about simple steps they can take to increase their levels of exercise e.g. walking to preschool, jumping on the trampoline at home, playing football etc.
- How do you engage the children in your care in more physical activities?

**Identify 3 things that you can do to improve.**