

Quality Improvement Framework

Section 9 – Healthy Living



Subsection: **Physical Play**

Guidance Notes	Reflective Questions	Resources	Your Evidence
<p>Physical development involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control and movement. Children must also be helped to understand the importance of physical activity*, and to make healthy choices in relation to food.</p> <p>(1.5- EYFS Statutory Framework 2017)</p> <p>It's really important to encourage physical activity in children right from birth. Experts recommend that pre-schoolers who can walk by themselves should be getting active for at least 180 minutes every day.</p> <p>(Health for Under 5's)</p> <p>Why physical activity?</p> <p>Being physically active helps little ones to:</p> <ul style="list-style-type: none"> ➤ Develop strong bones, muscles and heart ➤ Develop good motor skills, which means being able to balance and have good co-ordination ➤ Develop good social and emotional skills ➤ Develop important pathways in the brain that help learning ➤ Sleep well ➤ Reach their potential <p>(Health for Under 5's)</p>	<ul style="list-style-type: none"> • Do you use a menu planning checklist to ensure that your provision for food and drink is healthy, balanced and nutritious? • Do you have a physical activity policy in place? • Have you audited your physical activity provision? • Are there opportunities and challenges available to extend and develop children's physical development in a wide variety of ways? • Are children getting enough exercise and variety of physical activity? • Does your staff training and development plan include physical activity? • How do you plan for the environment to enable an 'active environment' for all ages? • How do you ensure that babies have frequent floor time/tummy time? • How do you promote the benefits of physical activity to parents? • Do staff participate in physical activities alongside children? • Are all staff aware of the physical activity guidelines? How are these incorporated into planning daily? 	<p>Q Cards:</p> <p>Exercise</p> <p>Walking Bus</p> <p>Outdoor Play</p> <p>Training:</p> <p>The latest training programme from EED team is at families.leicester.gov.uk/cpd</p> <p>Useful Links:</p> <p>UK Physical Activity Guidelines – GOV.UK</p> <p>Health for under 5's - Let's get physical</p> <p>Health for under 5's - Ready for school</p> <p>Leicester-shire & Rutland Sport – Early Years Development</p> <p>Leicester-shire & Rutland Sport – Let's Get Moving!</p> <p>Start Active, Stay Active - Physical activity for early years (birth - 5 years)</p> <p>National Centre for Sport, Exercise and Health Science (SSEHS) – Get Active Early Years</p> <p>1000 Tweaks to feel great initiative</p>	<p>Guidance note: Remember to date your evidence to allow you to revisit and review relevance.</p>

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<p>Physical Activity Guidelines:</p> <p>In 2011 the chief medical officer released physical activity guidelines outlining the levels of activities people should be aiming to achieve. For under 5's the guidelines state:</p> <p>Not yet walking</p> <p>Physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in a safe environment.</p> <p>For under 5s who are walking</p> <p>Children of preschool age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day.</p> <p>Sedentary guideline:</p> <p>All under 5s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).</p>	<ul style="list-style-type: none">• Do you have a member of staff identified as a 'physical activity lead' in your setting?		