

# Healthy Living

## Benefits of 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 and how this will impact on our mental health.

### Task 1

Explore the following link from Active Tots – to further develop staffs understanding and awareness of the benefits of physical play and activity.

<https://www.active-together.org/active-tots>

Consider creating a poster for your notice board with the information you find, for parents, staff, visitors etc.

### Task 2

- Encourage the children to take their pulse before and after exercise. Also ask them how they are feeling support them to elaborate. Discuss the effects exercise has on their bodies and their mind.

## Task 3

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, both physically and mentally?
- 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 and talk about how it makes them feel?

Identify 3 things that you can do to improve your practice.

**Be sure to explore the Physical Q cards from the Areas of Learning section for more information around physical play and development.**