

# Ann Bernadt and Nell Gwynn Federated Nursery Schools



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## Physical Activity Statement

### Aims

As a Healthy Early Years London setting we, at **Ann Bernadt and Nell Gwynn Federated Nursery Schools**, want to ensure that we promote the health and well-being of the whole setting and community through encouraging physical activity and providing consistent messages to children, parents and staff.

### Ann Bernadt and Nell Gwynn Nursery Schools are aware that children of all ages should be active

Being active is important for children under five because it helps them build and maintain a good level of health; physical activity is critical to optimal growth and development. Children under five need time to play and master their physical environment and fundamental movement skills; the early years are also an important time to establish habits relating to physical activity.

The Chief Medical Office provides guidance on how much physical activity children under five should be doing:

#### Physical activity guidelines for infants (under 5s) who are not yet walking:

1. Physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in safe environments.
2. All under 5s should minimise the amount of time spent being sedentary (being restrained for example in walking aids or baby bouncers, or sitting for example in infant carriers or seats) for extended periods (except time spent sleeping).

#### Physical activity guidelines for infants (under 5s) who are capable of walking:

1. Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day (most UK pre-school children currently spend 120 – 150 minutes a day in physical activity, so achieving this guideline would mean adding another 30 – 60 minutes per day).
2. All under 5s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping) by reducing time spent watching TV, using the computer or playing video games and reducing time spent in a pushchair or car seat.

### **Physical activity programme**

Our planning for both indoor and outdoor physical activities is based on the Early Years Foundation Stage. The school provides a stimulating environment with access to a range of equipment that can be arranged by the children in a variety of situations to maximise engagement.

For children who cannot walk we plan opportunities for them to move freely on their tummy or back or bottom for example: treasure basket to encourage children to reach/grasp, tummy time activities, out-door soft play area. For children who are capable of walking, we provide free space to play imaginatively either inside or outside.

We provide equipment to facilitate play, e.g. balls, streamers, cardboard boxes, climbing apparatus and lead activities that encourage movement, e.g. : action songs or parachutes games.

### **Ann Bernadt and Nell Gwynn Nursery Schools have a supportive environment**

We endeavour to provide an environment, which promotes physical activity throughout each day including travel to and from our setting. We ensure that the outside environment is stimulating and accessible from the moment the children come into the setting so providing continuous free flow play. Both schools provide Forest School provision for children providing further opportunities for children to grow in appreciation of the outdoor environment.

### **Ann Bernadt and Nell Gwynn Nursery Schools are thinking sensibly about health and safety**

We are aware that in order for children to learn about managing risks associated with physical activity, we need to offer stimulating and challenging environments; through these environments children are supported to explore and develop their own abilities and understanding. Alongside this we aim to manage the level of risk so that children are not exposed to unacceptable dangers. We conduct risk assessments and establish suitable arrangements for off-site visits to encourage children and their families to participate in the range of physical activities on offer within the local community.

### **Ann Bernadt and Nell Gwynn Nursery Schools minimise the amount of time children spend being sedentary for extended periods (except time sleeping)**

In the Early Years spending time sedentary limits the opportunities that children have to move. Sedentary behaviour is any activity with low energy expenditure that takes place while sitting or lying down. We avoid using restraining equipment for long periods of time. Children are only required to sit when eating. We interact continually with every child to encourage movement.

### **Ann Bernadt and Nell Gwynn Nursery Schools provide suitable physical activities for all**

All our children, including those with special educational needs and disabilities (SEND) are entitled to a comprehensive programme of physical activity opportunities which allows everyone to improve their skills of co-ordination, manipulation, control and movement and to develop positive attitudes towards physical activities including sports. Our provision is also fully inclusive of children from different cultures and religions. All staff are aware of the

need to be sensitive to individuals' beliefs about what is acceptable in relation to physical activity.

### **Working with families**

Staff are confident in giving out advice to parents and carers in relation to families adopting healthy lifestyles and being physically active. We encourage parents to walk, scoot or cycle with their children part or the whole way to the setting. We facilitate this by providing somewhere safe to leave bicycles or scooters. We regularly promote special events for the children, which promote physical activity such as our annual carnival, educational trips, dance and drumming workshops.

We have developed a range of outings that our children can walk to such as the local library. This supports children's and families' knowledge of places of interest in the local environment that are easy to reach on foot. These include: the local park, shops and art gallery.

We also provide a range of information on our school website to encourage parents and families to be more active. The importance of being active is also discussed during parent/carers feedback and consultation meetings