



## ABERDEEN PARK NURSERY

Childhood  
Not just childcare

[www.aberdeenparknursery.co.uk](http://www.aberdeenparknursery.co.uk)

[aberdeen\\_park@btconnect.com](mailto:aberdeen_park@btconnect.com)

0207 226 2610

Charity no.1116160

### PHYSICAL ACTIVITY STATEMENT

#### **1. INTRODUCTION**

There has been a growing concern in recent years about a lack of physical activity and increased sedentary behaviour among young children. Children under five have not previously been included in UK public health guidelines and those devised for the 5-18 age group are neither suitable nor appropriate for most under-fives. This has led to the development of physical activity guidelines for infants who cannot walk unaided and preschool children who can walk unaided. These guidelines are as follows:

#### **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.

Staff at **Aberdeen Park Nursery** believe that it is important to establish a high level of activity at the earliest age, in order to provide the best start to encourage activity patterns and habits later in childhood that are sufficient to benefit long term good health. All children are encouraged to take part in a range of age appropriate physical activities as part of their day and parents/carers are given the opportunity to take part in a range of physical activity sessions alongside their children. Every effort is made to raise awareness about its importance for both children and adults.

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### 2. APN physical activity aims:

The main aims of our physical activity statement are:

- To increase activity levels of children and their families through the provision of a supportive environment conducive to the promotion of physical activity.
- To raise awareness of the need to be physically active in order to maintain a healthy lifestyle.

Here at Aberdeen Park Nursery the activities provided encourage a range of basic skills in accord with national and local contexts such as Islington Healthy children's centre programme where both indoor and outdoor physical activity is supported to ensure that children within our setting are active.

APN is aware of local and national requirements to reduce childhood obesity via key pieces of legislation and research such as the Healthy Child Programme and the Healthy Weight, Healthy Lives: a call to action on obesity in England.

The Every Child Matters five outcomes are threaded into all aspects of the physical activity provision and at Aberdeen Park Nursery each child is given opportunities to reach their full potential and ability, with further provision for enhancing all round development. This includes:

- **Being healthy:** children take part in regular physical play, both indoors and outdoors.
- **Staying safe:** children are secure and well supervised in a clean and well-maintained environment.
- **Enjoy and achieve:** children are happy and settled and they enjoy a range of play experiences.
- **Make a positive contribution:** develop positive ways of behaving.
- **Achieve economic well-being:** children develop lifelong skills.

### 3. EQUAL OPPORTUNITIES

All children at Aberdeen Park Nursery, including those with special needs are entitled to a comprehensive programme of physical activity opportunities which allows everyone to improve their skills of co-ordination, manipulation, control and movement to develop positive attitudes towards physical activities including sports.

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APN is also fully inclusive of children from different cultures and religions and staff are aware of the need to be sensitive to individuals' beliefs about what is acceptable in relation to physical activity.

**At APN we operate a free flow indoor-outdoors policy providing children with the freedom to choose the play and learning environments and experiences that suits them better. We aim to encourage all children to spend a minimum of three hours of outdoor play per day.**

#### 4. PHYSICAL ACTIVITY PROGRAMME

Planning for both indoor and outdoor physical activities is based on the Early Years Foundation Stage. Physical activities undertaken within the setting include *sport sessions, dance and movement sessions, free flow indoor-outdoor play.*

The nursery has developed a range of outings that our children can walk to. This supports children's and family's knowledge of places of interest in the local environment that are easy to reach on foot. These include: *City farm at Paradise Park, Clissold Park and Community Walks.*

Aberdeen Park Nursery provides, as part of its extended curriculum, indoor and outdoor weekly physical activity sessions: regular "Dance and movement" and Sports Sessions.

Each programme of activity supporting physical development is planned, reviewed and evaluated on a regular basis. Staff at APN ensures that children have the key elements of fitness implemented within the core offer of physical activity, which relates to endurance, strength and flexibility.

#### 5. THE SUPPORTIVE ENVIRONMENT

Aberdeen Park Nursery endeavours to produce an environment, which promotes physical activity throughout each day.

Maria Garrido is trained to 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.

Although managing risk specifically refers to play provision, there are elements of risk associated with physical activity. Staff at APN are aware that in order for children to learn about managing risks associated with physical activity, the provision aims to respond to these needs and wishes by offering stimulating and challenging environments. Through these environments children are enabled to explore and develop their own abilities.

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Through providing these types of situations the centre aims to manage the level of risk so that children are not exposed to unacceptable dangers.

### **6. WORKING WITH FAMILIES**

APN provides information that support parents understanding of the importance of being physically active and on children's development.

Staff are confident in giving out advice in relation to children adopting healthy lifestyles and being physically active.

Two staff members have recently gained a Level 3 in Nutrition and Hydration for under-fives and a third member has a Level 3 Diploma in Nutrition and weight consultancy.

### **7. ENCOURAGING STAFF TO BE PHYSICALLY ACTIVE**

It is important for Aberdeen Park Nursery to encourage staff to be physically active. We do this by encouraging staff to actively participate and engage in physical activities planned within the setting.

### **8. LINKED POLICIES AND GUIDANCE**

Health & Safety  
Equal Opportunities  
Child Protection  
Safeguarding  
Inclusion

This policy will be reviewed in August 2020.

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