

Active Play Policy

Policies and Procedures Guidance

Developing an effective Active Play policy will enable a setting's community to consistently express and maintain their ethos around physical activity and how it makes a positive contribution to the health and well-being of all.

Writing the policy will involve consulting with all staff, management, parents/carers and children at the setting as well as considering how each party's contributions can be used to formulate the policy.

All young children should be encouraged to be more active and less sedentary to a level appropriate to their ability. Where any individual requirements have been identified regarding physical activity, advice should be sought from children's parents/carers and/or from healthcare professionals to identify the types and amounts of physical activity that are suitable and how best to minimise sedentary activity where appropriate.

Outlined below are areas to reflect upon and consider whilst developing your policy.

Policy Statement

This could be a brief summary of your ethos and why the policy is in place.

You could consider:

- The benefits of being physically active for children's health and well-being.
- Valuing and promoting diversity; inclusion and equal access of opportunity for all.
- The importance of adults as role models in active participation.
- Who you have consulted during policy formulation.
- How you will communicate the information to all parties on a regular basis.

Policy Aims

These could be more specific targets with visible/measurable results.

You could link your aims to:

- Your setting's Inclusion and Equal Opportunities Policies.
- Helping children develop positive attitudes to physical activity.
- Offering an enabling environment which fosters, encourages and provides opportunities for physically active play.
- Active play being integral to the setting's daily routine.
- Increasing the amount of time children are physically active and reducing the amount of time children are restrained or in sedentary activity.
- Raising awareness to all of the need for physical activity in babies and young children.
- Sharing key health messages with parents/carers.

Statutory Requirements

- Lay out how practice meets the relevant EYFS Statutory Welfare Requirements.

Active Play Provision

These are the more defined actions you will take.

You might include:

- How you use the "UK Physical Activity Guidelines for Early Years" to guide provision and planning for 'walkers' and 'non walkers'.
- How you plan appropriate opportunities to support each child in achieving the recommended minimum amount of daily physical activity as laid out in the UK Physical Activity Guidelines for early years.
- How you ensure provision of a variety of both child-led and adult-led active play.
- How you reduce sedentary behaviour of babies and young children through minimising time spent restrained (buggies/high chairs/walkers/activity centres) and increasing more time in unrestricted floor-based play.
- How you convey key messages about the importance of physical activity to children, staff and parents/carers.

- How you organise your space to allow for varied, energetic play both indoors and outdoors – especially where space is very limited.
- How you organise a variety of resources that promote different intensity levels of physical activity so that children can access them freely.
- How you plan for walking out and about in the local area during the setting's day to increase children's activity levels.
- How staff provide positive role models by participating fully in physical activity.
- How you provide access to other environments that stimulate children's need to be active and explore (e.g. parks, playgrounds, woodland etc.).
- How you encourage children to engage in activities that promote challenge but in a safe and supportive environment.
- How you facilitate creative physical activity using 'loose parts' and natural resources.
- How you plan physical activity to contribute to other areas of learning and development.
- How each child's individual requirements are considered throughout all planning and provision.

Working in Partnership

You might include:

- How you encourage parents/carers to provide children with appropriate clothing and sun protection for all weather conditions.
- How you communicate positive messages about active play using local and national campaigns e.g. Change4Life.
- How you increase awareness of the UK Guidelines for Physical Activity, particularly recommendations on how much children should be physically active.
- How you encourage families to be involved in regular activities initiated by your setting (e.g. park and stride or family wake and shake).
- How you provide parents/carers with information and ideas for supporting their children's active play at home or opportunities in the local area.

Developing/Monitoring/Evaluation of Policy and Practice

You need to include:

- The systems in place to ensure that your policy is implemented and reviewed regularly with all of the setting's community.
- Details of quality improvement schemes that influence your active play provision.
- How you keep up-to-date with latest guidance and information.

Useful Resources and Websites

For further information and guidance please look at the [Healthy Early Years section on Merlin.](#)