



## Brook House Nursery Ltd.

110 Cole Park Road, Twickenham, TW1 1JA, Tel: 02082551365

email: [office@brookhousenursery.com](mailto:office@brookhousenursery.com)

[www.brookhousenursery.com](http://www.brookhousenursery.com)

### Physical activity statement

At Brook House Nursery we ensure that we promote the health and well-being of the whole setting through encouraging physical activity and providing consistent messages to children, parents and staff. 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. For children under 5, the NHS recommends at least 3 hours of physical activity daily, including at least 1 hour of energetic play, with activities like running, jumping, and dancing, as well as activities that promote muscle and bone strength

#### Physical activity ideas for under 5s:

- tummy time,
- playing with blocks and other objects,
- floor-based play and water-based activities in safe environment,
- messy play,
- jumping,
- walking,
- dancing,
- swimming,
- playground activities.

For more information and guidance please visit:

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/>



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All under 5s should minimise the amount of time spent being sedentary (being inactive, restrained or sitting) for extended periods (except time spent sleeping) by reducing screen time (e.g. watching TV, using a computer, tablet or smart phone) and reducing time spent in a pushchair or car seat.

Our planning for both indoor and outdoor physical activities is based on the Early Years Foundation Stage, and it's incorporated in the weekly planning. We encourage physical activities inside the nursery by setting up indoor soft play, we provide mats on the floor and soft play equipment, tunnels, ball pool and stepping stones. We also have our weekly ballet sessions inside which is ran by an external teacher as well as Groovy mover and football session. The external teachers encourage the children to dance along with the music and get them moving around the room and to practise their ball skills.

At Brook House we are very fortunate to have access to a plot at a nearby allotment, we also have two parks close by. Staff encourage the children to walk to and from independently. As allotment and garden are part of our 4 educational goals, garden time is part of the children's daily routine for a minimum of two times a day.

Planning for outdoor provision is included in the weekly planning sheets for each room. We have three garden spaces that are appropriate for each of the age groups. On top of that we also have our allotment plot that the children visit on a weekly basis and occasionally they will visit 2 of our local parks.

The gardens are partly covered with gazebos to protect the children from sun/rain. The children have free access to the wellie rack and sun cream stations (with permission from parents). For non-walking children the nursery provides all in one suits and waterproof mats on the floor to ensure they can still go outside daily.



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The parents are encouraged to cycle/scoot to the nursery and are able to leave their scooters in the shed or bikes in our bike rack.

In our nursery equipment shed we have a wide variety of different equipment that is suitable for the different types of weather e.g. for sunny days we have paddling pools, tennis rackets and hula hoops.

There is a link on our nursery website to the Government UK physical activity guidelines and we post via our newsfeed our local children centres offer which includes sessions supporting physical development e.g. Crawlers and cruisers, Mini disco and Family mini ninjas.

At Brook House Nursery once a year we encourage the children to bring in a scooter/bike of their choice to keep at the nursery for the day and play/share with their friends in the garden. We encourage the family to ride these to nursery for the day rather than using a car, buggy or public transport.

We provide leaflets for local outside agencies who focus on physical activities, and we have also trialled these at the nursery e.g. football, rugby, drama, yoga and multi sports.

All our outings are local and do not require the use of public transport (Travel policy in place). Children are encouraged and praised to walk to and from the destination. All outings are a maximum of 5–10-minute walks away.

In our nursery garden we have a wide variety of bikes, balance bikes and scooters for the children to practise and develop their physical skills. We also have a sand, and a water play set up daily. The gardens and rooms are set up with fun and challenging activities to support the development of fine and gross motor skills.

At Brook House we provide suitable physical activities for all our children, including those with special educational needs and disabilities (SEND).