



Clutton Playgroup

Physical Development Policy

Aims:

At The Cabin we aim to create an environment where children can take increasing responsibility for themselves and where learning is social and fun. Our timetable is arranged in such a way that children have time for sustained shared thinking with each other and adults.

The environment consists of one large room with three outside spaces. There are spaces suitable for large movements and spaces suitable for fine movements.

We have a wide range of climbing frames, balance beams, stepping stones and a trampoline. We also have a good range of construction toys.

In every area and activity, there is active learning where children are encouraged to touch, feel, smell and manipulate materials both man made and natural. There are natural materials used through out the playgroup e.g. sticky clay, sand and play dough. In each activity, there are tools for children to manipulate and learn to control safely, such as woodwork tools. At the cabin children are encouraged to work collaboratively on some projects. This could be large floor art or making a paper-mache volcano.

Throughout the playgroup, both indoors and outside children are encouraged to do things for themselves. There are challenges to be faced and risks to be taken with staff on hand to encourage and keep children safe, e.g. a bike to be ridden or a climbing frame to be conquered. The outdoor area has a small garden to dig and plant. Less mobile children, including those who use wheelchairs or other mobility aids have access to all areas and would be supported as necessary to give equal opportunities in all activities, this is also set out in our Equal Opportunities policy. There are games to be played

with an adult or child friend for example "What's the Time Mr Wolf!" or football.

Adult initiated activities are planned around the interests of the children. Where ever possible children take part in real and meaningful events. Fine motor skills are developed through the numerous activities that children can help themselves to, for example through cutting, threading, writing, drawing, dough and ICT activities such as using the remote controlled or programmable toys. We hold regular yoga sessions.

We are a healthy playgroup and encourage children to be active and understand the importance of exercise and a healthy diet in keeping our bodies fit and well. We understand that the UK guidelines for under-5's specifies three hours of active play each day. Children have a healthy snack, including fruit and milk or water each day and water is always available from their water bottles. The snacks provided are compliant with the Eat Better, Start Better, food and drink guidelines; they are nutritious, varied and of a portion size appropriate to the age of our children. We have received the Director of Health Award.

Children frequently take part in cooking activities, including preparing their snacks each day, mastering tools such as knives, whisks, graters and garlic presses. We take every opportunity for working in partnership with parents to encourage children to grow up fit and healthy. We encourage parents and carers to send children in clothes that will allow physical play and we provide all weather suits for outside play.

This policy was agreed and adopted at a meeting of the Clutton Playgroup Management Committee

On -----

Signed (Chair) Date

Signed (Play Leader) Date

To be reviewed in February 2019