



Policy Statement

Fresh air and physical activity are essential for promoting good physical health and wellbeing in young children. Our setting is committed to providing daily opportunities for outdoor play and ensuring that physical activity is embedded in everyday practice for all age groups, in accordance with national guidelines.

Physical Activity Guidelines

Based on guidance from the Chief Medical Officer, the following minimum daily activity levels should be promoted:

- **Infants (under 1 year)**
 - Should be physically active several times daily through interactive floor-based play (e.g., crawling, rolling, grasping).
 - Infants not yet mobile should have a minimum of 30 minutes of tummy time, spread throughout the day while awake.
 - Tummy time should be introduced gradually, starting from 1–2 minutes and increasing as tolerated.
 - Infants should **not** sleep on their tummies.
 - **Toddlers (1–2 years)**
 - Should be physically active for at least **180 minutes (3 hours)** per day at any intensity, spread throughout the day.
 - Activities should include both indoor and outdoor play.
 - **Pre-schoolers (3–4 years)**
 - Should have at least **180 minutes (3 hours)** of activity daily.
 - Of this, **at least 60 minutes** should be of moderate to vigorous physical activity (MVPA).
-



Outdoor Play Provision

- Outdoor play will be encouraged **daily and in all weathers**, with appropriate risk assessment and protective measures in place.
 - Children will have access to **open-ended, developmentally appropriate resources** to support imaginative and exploratory play.
 - Staff are expected to be **actively engaged** in outdoor activities with the children — observing, interacting, and facilitating child-led learning experiences. Supervision should never be passive.
 - Outdoor play should be incorporated into the daily routine, with **free-flow access** between indoor and outdoor spaces where appropriate.
-

Health & Safety Procedures for Outdoor Play

- A **risk assessment** of the outdoor environment must be completed prior to children's access.
 - Children must be **supervised at all times** while outdoors.
 - A **headcount** will be conducted and cross-checked against the register before re-entry and securing of the outdoor area.
 - Staff-child **ratios must be maintained** in line with current Ofsted requirements.
 - **Staff will conduct ongoing dynamic risk assessments** throughout the duration of outdoor play.
-



Clothing and Weather Considerations

- Parents are asked to dress their children in clothing that is **appropriate for outdoor play** and weather conditions, and not to send children in **expensive or restrictive clothing** that could limit participation.
 - The setting will provide **spare waterproof clothing and wellington boots** for children without suitable attire.
 - In **hot weather**:
 - Outdoor play may be restricted during the hottest part of the day.
 - Shade will be made available.
 - Children will be encouraged to drink water regularly.
 - Sunscreen will be applied as necessary (parental consent required).
 - In **cold or wet weather**:
 - Children should wear suitable outdoor clothing (e.g., coats, hats, gloves).
 - Staff must ensure children are dressed appropriately before going outside.
-

Staff Responsibilities

- Staff must be appropriately dressed to join children outdoors in all weather conditions.
- Staff must ensure active participation, child engagement, and continuous observation throughout outdoor sessions.
- Any issues related to outdoor safety, equipment, or supervision must be reported to the designated safeguarding lead or senior manager immediately.

Signed (Jessica Burns): Jessica Burns

Signed (Scott Marshall): Scott Marshall

Review Date: March 2026
