
Implementing Physical Activity Policy

Examples of how PANCOs are supporting physical activity and movement practices within their Early Years settings.



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Outdoor Space

Tummy Time

Music and
Movement



Outdoor Space

Dan, nursery manager, focused on reviewing the nurseries outdoor play area as he felt the space wasn't being used to its full potential.

“After observing outdoor play and talking to the staff I realised that many of the team lacked the knowledge, confidence and skills in setting up and delivering physical play sessions”

Over a two month period Dan supported staff when they delivered physical activity sessions through mentoring, observing and giving feedback. This culminated in a whole staff team physical activity training session.

Dan noticed that the staff were much more confident in using all of the outdoor play areas and equipment which showed in their positive interactions with the children. Staff were motivated and understood the importance of being role models for active play and exercise.



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Tummy Time

Anya, baby room leader, decided to raise parent awareness about the benefits of 'tummy time'. This was following discussions with a number of families about concerns they had about their baby's development.

“Despite the fact that the staff have a sound understanding about the importance of tummy time and it is embedded into practice, we need to ensure that this is also mirrored at home.”

In an effort to increase parent awareness, Anya worked with the team to create a 'guide to tummy time' leaflet that was shared with parents. This was followed up with a series of training sessions giving practical tummy time positions, exercises and play that parents could continue at home.

Staff fed back that the sessions had stimulated positive discussions with parents about the physical development of their babies and the importance of tummy time activities both in nursery and at home.



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Music and Movement

Aaila, reception teacher, decided to focus on increasing the quality of music and movement activities in the classroom.

“Children have become less engaged and are easily distracted during the sessions. On observation, I can see that they are quite repetitive, and there is little variety in the types of sessions the children are involved in.”

Aaila recognised that to capture the motivation of the staff and children there needed to be a connection between the children’s interests and the sessions delivered. Each week, Aaila planned alongside the children. The children shared their experiences which enabled Aaila to build upon their ideas.

The sessions inspired by the children, are now fun and stimulating. Ideas have included a Lion King animal parade, maypole dance and junk drumming session!

