

PHYSICAL PLAY POLICY

Over the Rainbow Early Learning Centre Ltd aims to provide the appropriate accommodation, supports and opportunities both indoor and outdoor to support all areas of children's physical well-being, growth and development.

Principle

This policy is underwritten by the Child Care Act 1991 (Early Years Services) Regulations 2016, the Child Care Act 1991 (Early Years Services) (Amendment) Regulations 2016 and the Tusla Quality and Regulatory Framework.

Statement of Intent

- We have regard for 'Ready, Steady, Play!' The National Play Policy.
- We ensure all children have opportunity to enhance their physical development.
- We aim to provide a wide range of quality physical activity opportunities both within and outside the set curriculum for children.
- We aim to ensure that all children have the opportunity to develop their confidence, self esteem and enthusiasm to participate in physical activity.
- We aim to establish a genuine interest in physical activity among children and promote the importance of physical play with parents.

Procedure

- All areas of the setting are well supervised and appropriate levels of staff are present to ensure children have the freedom to move around and play safely.
- Children are given daily opportunities to play outdoors including planned and unplanned physical activities.
- The outdoor play area is viewed by all as an extension to the indoor environment and staff recognise the importance of physical activity both in the outdoor and indoor environment.
- Outdoor equipment is appropriate to the age and stage of development of all children in the setting.
- Weatherproof clothing should be provided by the parent and left in the setting (e.g. sun hats, rain jackets etc.) to allow for outdoor activities all year round.
- Provisions are in place for children with additional needs to participate in physical play activities.
- Staff will ensure that physical activities will be fun and as non-competitive as possible.

Indoor Environment

- Staff ensure that children are encouraged and given opportunity throughout the day to move freely around the indoor environment, children are never static for long periods of time.
- Planned daily activities in the setting include opportunities for physical activity, e.g. music and movement and drama.

Outdoor Environment

- The outdoor environment is safe, well maintained and easily accessible to all children and adults in the setting regardless of ability.

- Equipment in the outdoor environment provides a range of opportunities for children to enhance their learning and development e.g. climbing, balancing, creativity and problem solving, pouring, swinging, digging and planting.

Communication

All parents/guardians are informed of this policy on enrolment. Staff members will check with parents that they have read and understood the policy and provide any assistance needed.

A summary of this policy will be included in the parent handbook. This policy will also be reviewed with staff members at induction and annual staff training.

A copy of all policies will be available during all hours of operation to staff members and parents in the Policy Folder located in the setting.

Parents/guardians may receive a copy of the full policy and procedures at any time upon request. Parents/guardians and all relevant staff members will receive written notification of any updates to this policy.

This policy was adopted by **Over the Rainbow Early Learning Centre Ltd** on:

Date: _____

Manager

co-Manager

Review Date: _____