

Outdoor play policy:

Opportunities for indoor and outdoor play are crucial to providing the Early Year’s Foundation Stage for children up to the age of 5 years. Outdoor play is vital for the healthy growth and development of all children. They should engage in energetic activity and experience the sense of well-being that it brings and believe that this encourages children to have positive attitudes towards a healthy lifestyle and being active.

Outdoor play is an integral part of the curriculum and it enhances children’s learning. It also helps to develop strong spatial awareness, co-ordination, balance and movement and develops strong muscles, with opportunities to run, push, pull, climb and jump. Outdoor Play allows children to develop gross motor skills, these skills are needed in order for children to be able to learn and use their fine motor skills; fine motor skills support development of pen control and writing letters/numbers which will be needed in preparation for school.

**Our Physical and Nutritional Coordinator (PANCO)** of the setting is **Jasmine Redrup**. She will ensure that there are enough planned physical activities to ensure that children are getting the recommended daily allowance of a mixture of physical activity that is appropriate for their age range. (180 minutes per day). We ensure children have outdoor play at least twice a day. The Panco of the setting will also ensure that children have access to a variety of equipment that will support development in all physical skills and will Plan visits to the Moat (local woodland area), play equipment (at the local parks) and walks exploring the village to support outdoor play in different outdoor environments.

We endeavour to create an atmosphere where children can learn to take risks in a controlled environment. The children have access to manufactured equipment alongside open-ended resources in order to develop their imagination, solve problems, develop self-regulation and learn about the world around them.

The safety of children accessing this area is crucial, a full risk assessment is in place and this is reviewed regularly. New equipment checked and risk assessed before use. The grounds are checked and documented on the ‘daily checklist’ and all equipment is checked daily before use.

**Our aims:**

* All children will have access to outdoor space during all seasons. In extreme weather conditions activities to build upon physical development will be planned inside to ensure children remain active in different ways, Such as dancing, action songs, parachute play and yoga.
* All children have the opportunity to learn about their environment and are able to experiment with natural resources, create a sense of wonder about the world around them and learn about looking after themselves and others whilst being outside.
* All staff ensure that they have/wear appropriate clothing for the weather whilst at the setting and will all take turns in being inside and outside with the children. Generally , however due to being a small setting all staff and all children are outside at the same time.
* Activities will be organised to enhance and extend the learning that is currently going on at the setting.
* The children are always supervised whilst being outside and we will ensure that staffing ratios are adhered to at all times during outdoor play to ensure children’s safety is paramount.
* Staff will ensure that the garden is secure, gates shut, (including new fence gate also secured by rope so children cannot open) locked and bungee cord is on. The outside space will be checked before every session and maintained regularly (as per the daily checklist). Only parents of the children and known professionals will be able to access the outdoor space whilst children are using it.
* 2 new outdoor resource trolleys are labelled with a picture of contents, to ensure all children can access and have the option to enhance child initiated play.

**OUTDOOR PLAY WILL NOT TAKE PLACE IN EXTREME WEATHER CONDITIONS.**

**In the summer and hot weather:**

* Children must wear sun hats and loose clothing.
* The children will be offered water at regular intervals. Parents/carers provide their child with a water bottle for our water table for easy access.
* Areas of shade will be created for them to use
* Sun cream will be reapplied after lunch if more outdoor play is to happen in the afternoon session.
* Staff will observe outside temperature and limit sun exposure, if it exceeds 35 degrees Celsius, outdoor play will be restricted.

**In cold, wet or wintery weather:**

Children will wear jumpers, coats, hats, gloves and Wellington boots to ensure that they are kept warm and dry whilst outside. Playgroup has a small amount of additional clothing that can be used in emergencies to enable the children to continue to access the outdoor space.

**PLEASE ENSURE THAT YOUR CHILD COMES TO PLAYGROUP WITH APPROPRIATE CLOTHING AND FOOTWEAR, INCLUDING SPARE CLOTHES IN THEIR BAG.**

**The policy was adopted at**

**The meeting of: …………Fowlmere Playgroup……………..**

**Held on: ……………..Oct 2018……………..………….**

**To be reviewed: ………………Jan 2025……………………….**

**Signed on the behalf of the**

**Management committee: ……………………………………………**

**Name of signatory: ………………K Holwell……………**

**Role of signatory: (chair/owner) ……………Chairperson………………………**

Reviewed/ updated Jan 2022 Verity Smith

 Jan 2023 Verity Smith

 Jan 2024 Verity Smith