MAYOR OF LONDON

HEALTHY EARLY YEARS LONDON
Colindale Primary School Physical Activity Statement for Under Fives

Date: 5th October 2026
Date to be reviewed: Autumn Term 2029

Aims
As a Healthy Early Years London setting, we want to ensure that we promote the health and well-being of the whole setting community through encouraging physical activity and providing consistent messages to children, parents and staff.

We are aware that children of all ages should be active
Being active is important for children under five because it helps them build and maintain a good level of health; physical activity is critical to optimal growth and development. Children under five need time to play and master their physical environment and fundamental movement skills; the early years are also an important time to establish habits relating to physical activity.

The Chief Medical Office provides guidance on how much physical activity children under five should be doing:

Physical activity guidelines for toddlers (1-2 years):

- Toddlers should spend at least 180 minutes (3 hours) per day in a variety of physical activities at any intensity, including active and outdoor play, spread through the day; more is better

Physical activity guidelines for pre-schoolers (3-4 years):

- Pre-schoolers should spend at least 180 minutes (3 hours) per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of moderate to vigorous physical activity.

Physical activity programme
Our planning for both indoor and outdoor physical activities is based on the Early Years Foundation Stage. Each programme of activity supporting physical development is planned, reviewed and evaluated on a regular basis.

We structure and set up the environment to facilitate active play e.g. to develop core strength, physical skills such as running safely around objects, jumping, hopping and skipping and to increase balance and hand/eye co-ordination. We provide equipment to facilitate play, for example: climbing frames, wheeled vehicles, spades, balls, blocks, cardboard boxes and lead structured activities that encourage movement, e.g. action songs or parachutes games.

We have a supportive environment
We endeavour to provide an environment and space, which promotes physical activity and active play throughout each day. We ensure that outdoor activities are planned and children can access these on a daily basis. We provide access to outdoor play on a daily basis, having continuous free-flow play and regularly use larger areas of the school including the trim trail, field and playground.

We are thinking sensibly about health and safety
We are aware that in order for children to learn about managing risks associated with physical activity, we need to offer stimulating and challenging environments; through these environments children are supported to explore and develop their own abilities and understanding. Alongside this we aim to manage the level of risk so that children are not exposed to unacceptable dangers. We conduct risk assessments and establish suitable arrangements for off-site visits to encourage children and their families to take advantage of the range of physical activities available within the local community.

We minimise the amount of time children spend being sedentary for extended periods (except time sleeping)
In the Early Years spending time sedentary (being inactive) limits the opportunities that children have to move. Sedentary behaviour is any low-energy activity that takes place while sitting or lying down. Children are only required to sit when eating and during whole class teaching in Reception. We interact regularly with every child to encourage movement.

We provide suitable physical activities for all
All of our children, including those with special educational needs and disabilities (SEND) are entitled to a comprehensive programme of physical activity opportunities that allows all children to improve their skills of co-ordination, manipulation, control and movement and to develop positive attitudes towards physical activities including sports. Our provision is also fully inclusive of children from different cultures and religions. All staff are aware of the need to be sensitive to individual beliefs about what is acceptable in relation to physical activity.

Staff Training and Development
Staff actively and positively support children's outdoor and physical activity experiences e.g. music and movement, using tyres and ropes to develop strength and through providing physical challenges**.** We have received training on supporting children's physical development, providing physical activity opportunities and reducing sedentary behaviour and feel confident leading and modelling activities for young children.

Working with families
Staff are confident in giving out advice to parents and carers in relation to families adopting healthy lifestyles and being physically active. We encourage parents to walk, scoot or cycle with their children for part or all the way to the setting. We facilitate this by providing somewhere safe to leave bicycles or scooters. We regularly promote/hold special events for children and their families, which promote physical activity such as: walk to school incentives, sports day and stay and play sessions for parents.

We also provide/promote information workshops and activities that support parents understanding of the importance of being physically active and on children's development. These include parent workshops such as: the importance of developing physical skills, both for gross and fine motor. We often hold clubs that promote physical activities such as football. The school has a swimming pool which offers private swimming lessons.