

# Norfolk Sport, PE, Physical Activity and Development Strategy for Young People 2015-2017

## Early Years Info Sheet

This strategy sets out the vision for sport, physical activity, physical education and physical development for all young people aged 0-25 in Norfolk. It will ensure a collaborative approach from all agencies contributing towards shared aspirations, ensuring the best possible experience for Norfolk's young people.

### the vision

“To ensure that all young people in Norfolk experience and enjoy high quality physical education and sport, are inspired and supported to fulfil their potential and motivated to choose an active and healthy lifestyle”

#### What do I need to do?

##### Early Years settings should:

1. Consider your indoor and outdoor environments and think creatively about how you can plan for and promote physical activity through play
2. Create a balance of active and interactive physical activity opportunities
3. Provide range of developmentally appropriate opportunities to engage in physical activity both indoors and outdoors
4. Ensure opportunities to engage in physical activity, which also reflect their normal movement patterns, are accessible to children throughout all sessions
5. Help children to learn about the importance of physical exercise linked to healthy choices and good health
6. Role model being physically active. Research shows that adults being physically active impacts positively on the levels of activity children engage in



## Why is it important?

Improving physical development is proven to enhance and promote:

1. Optimal growth, development of essential **motor skills** as well as promoting **bone, muscle and heart development** <sup>1</sup>
2. Posture, strength, agility, flexibility, co-ordination and balance <sup>1</sup>
3. Healthy body weight now and in later life, reducing the risk of **obesity, diabetes** and other **health conditions** <sup>2,3</sup>
4. Communication, language and social interaction <sup>1</sup>
5. Problem solving and cognitive resilience <sup>3</sup>
6. Self esteem and emotional wellbeing <sup>4</sup>

In addition physical development is a prime area of the **EYFS Statutory Framework** and will be a focus of any **Ofsted** inspection.

## What support is available to help me achieve this?

<b>Early Years and Childcare</b>	Norfolk County Council through its Early Years and Childcare Team offers a range of advise, training and support for early years and childcare settings to impact on the quality of the experience and entitlement which children in Norfolk settings receive. The Early Years and Childcare Team offers a variety of CPD courses that support practitioners to develop their practice and provide high quality experiences for the young children in their care.	Early Years and Childcare  Tel: 01603 222900  earlyyearsandchildcare@norfolk.gov.uk
<b>Development Matters in EYFS Resource</b>	This guidance material supports practitioners in implementing the statutory requirements of the EYFS including physical development	Available from:  <a href="http://www.activenorfolk.org/developmentmatters">www.activenorfolk.org/developmentmatters</a>

<sup>1</sup> British Heart Foundation, 2012. Introduction to Physical Activity in the Early Years: London: British Heart Foundation.

<sup>2</sup> British Heart Foundation, 2013. Making the Case for Physical Activity: Loughborough: British Heart Foundation

<sup>3</sup> Summerbell et al, 2014. Consequences and determinants of poor nutrition in children aged 0-3 years, and public health interventions that may improve dietary intake: a general review. Journal of Children's Services, Vol 9: 128-142.

<sup>4</sup> Timmons et al, 2007. Physical activity for preschool children – how much and how? Canadian Journal of Public Health (Suppl 2): S122–S134