

# Southampton Healthy Early Years Award

## Physical Activity Standards



Criteria	Essential at Bronze and Silver level	Essential only at Silver
<b>Leadership &amp; Managing Change</b>		
There is a named staff member who oversees all aspects of active play in the setting, ensures physical activity standards are met and are regularly reviewed.	✓	
The person's role in relation to physical activity is known by staff	✓	
Staff and parents / carers have been consulted on about the HEYA	✓	
Settings must undertake <b>parent questionnaires</b> to identify current views and approaches regarding physical activity in the setting and attitudes to physical activity at home. <b>(NB settings MUST use the core standards parent questions provided but can add additional questions related to your setting, children and families)</b>	✓	
At silver level settings must develop an action plan to address the areas for development identified from the parent questionnaire at bronze level. The actions will be taken before undertaking the questionnaires a second time to demonstrate the impact / improvements made. The results of these must be shared in the silver self-assessment and on the evaluated action plan. <b>Please use the same questionnaire you used at bronze level.</b>		✓
Settings ( <i>except childminders working alone</i> ) must undertake <b>staff / assistant questionnaires</b> to identify current knowledge, views and approaches regarding physical activity in the setting and their personal approaches to physical activity.	✓	
At silver level, settings ( <i>except childminders working alone</i> ) settings must develop an action plan to address the areas for development identified from the staff / assistant questionnaire at bronze level. The actions will be taken before undertaking the questionnaires a second time to demonstrate the impact / improvements made. The results of these must be shared in the silver self-assessment and on the evaluated action plan.		✓
<b>Physical Activity Policy</b>		
The setting has an inclusive physical activity policy in place which has been consulted on. This must include at least the information listed in the PA self-assessment form in criteria 2.1.	✓	
Importance of physical activity is reflected in the setting's aims and values statements and the policy is mentioned in the setting's handbook	✓	
Policy covers all areas of physical activity in the setting for all developmental stages, indoor and outdoor play, structured and unstructured.		✓
Parents/carers and staff have been involved in the policy development and can describe their involvement		✓
Policy is regularly highlighted to parents/carers, e.g. at registration, when the policy is changed / updated	✓	
<b>Positive Role Modelling</b>		
Staff act as positive role models by playing with/ alongside the children	✓	
<b>Environment</b>		

Indoor and outdoor play environments are welcoming, clean, safe, inspirational and promote positive social interaction and creativity.	✓	Meets criteria checklist ✓
Complete Environment rating scales audit ITERS 11. 15.16. 18. ECERS-R 7. 8. 14. 19. 21. 29. FCCERS-R 12. 16. 26.	✓	Demonstrate changes made ✓
<b>Curriculum Links</b>		
Children's physical activity levels are promoted and monitored through personal development plans.		✓
Links made about importance of healthy eating to physical activity demonstrated through planning mechanisms.		✓
Ensures opportunities to experience different forms of physical activity in safety.		✓
<b>Communicating Physical Activity Messages Home</b>		
Events/workshops that invite parents/carers to observe and/or work with their children on physical activity themes and which promote key messages and reflect current guidance.		✓
There are opportunities for parents/carers to join specific activity sessions with their child and can demonstrate activities where parents/carers have taken part.		✓
<b>Staff Training &amp; CPD</b>		
Setting's physical activity approaches (including the Physical Activity policy and positive role modelling) are covered in induction for all new staff	✓	
Staff are consulted to determine training needs		✓
Evidence to demonstrate that staff have undertaken training		✓
<b>Staff Health &amp; Wellbeing</b>		
Staff are aware of the opportunities they have to maintain/improve their health and wellbeing		✓
Staff have been involved in informing and developing opportunities for them to maintain/improve their health and wellbeing		✓