



PHYSICAL ACTIVITIES INFORMATION (INDOOR AND OUTDOOR)

Toptotz Day Nursery aims to provide an active, happy and healthy environment for all children regardless of their physical ability or disability.

Physical activities are an essential part of developing their hand to eye coordination, spatial awareness, balance and control whilst having fun.

At Toptotz we aim to:

- Maintain and/or stimulate the children's interest and enjoyment in Physical Education and to promote health and fitness.

- Develop children's interpersonal and problem solving skills.

- Develop children's personal qualities such as politeness, perseverance, initiative, independence and their ability to follow simple rules in a supportive environment.

- Build every child's self esteem through the development of physical confidence.

- Allow all children to work independently and as part of a team in varied activities.

To achieve the above we will endeavour to provide structured physical activities, and incorporate them in our planning.