

Working with Parents

Early years practitioners should share their knowledge and ideas with parents and ask them to do so in return, hence working as partners.

Always share positive messages with parents.

If you have a good Physical Development or Physical Education policy which you share with parents and carers, it will be clear as to what you feel is acceptable and not acceptable practice with children in your care.

Positive Messages

Minimum of 180 minutes a day (at your setting and home)

Physical activity aids learning

Adults are role models

Encourage being active

Parents and practitioners working together

Provide a variety of activities

Children develop good habits in early years

Active children are more likely to become active adults

Find activities to do together

Being outside is good for children

Reduce sedentary time

