

# Our Lady Star of the Sea Catholic Nursery

## Policy on Outside Play

### Mission Statement

*"You are precious in my eyes" - Isaiah 43*

- *Our Lady Star of the Sea Catholic Nursery is committed to the widest and fullest education of all pupils in a partnership between home, nursery, parish and community.*
- *Our nursery aims to create a happy, ordered environment where all members feel secure, valued and respect each other.*
- *Our nursery aims to be a positive force within the Catholic Church inspired by the life of Christ in the Gospels*

### **Outside Provision**

At Our Lady's we believe that outside provision is an entitlement for all the children in the Foundation Stage. **Outdoor** play supports children's problem-solving skills and nurtures their creativity, as well as providing rich opportunities for their developing imagination, inventiveness and resourcefulness.

### **Aims**

We aim to:

- Offer the same diverse, relevant and challenging learning opportunities in both indoor and outside environments
- Plan activities which offer appropriate physical and cognitive challenges
- Provide sufficient time for children to use a range of equipment
- Provide resources that can be used in a variety of ways or to support specific skills
- Introduce appropriate language for the learning tasks
- Excite the senses, involve all muscles and stimulate the imagination.

### **Benefits of outdoor play**

At Our Lady's we believe it is essential that young children get frequent and regular opportunities to explore and learn in the outdoor environment and this should not be seen as an optional extra.

Benefits include:

- Learning outside supports the development of healthy and active lifestyles by offering children opportunities for physical activity, freedom and movement, and promoting a sense of well-being.
- Learning outside the classroom gives children contact with the natural world and offers them experiences that are unique to outdoors, such as direct contact with the weather and the seasons.
- Playing and learning outside also helps children to understand and respect nature, the environment and the interdependence of humans, animals, plants, and lifecycles.

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- Outdoor play also supports children’s problem-solving skills and nurtures their creativity, as well as providing rich opportunities for their developing imagination, inventiveness and resourcefulness.
- Children need an outdoor environment that can provide them with space, both upwards and outwards, and places to explore, experiment, discover, be active and healthy, and to develop their physical capabilities.
- The outdoor environment offers space and therefore is particularly important to those children who learn best through active movement. Very young children learn predominately through their sensory and physical experiences which supports brain development and the creation of neural networks.
- For many children, playing outdoors at their early years setting may be the only opportunity they have to play safely and freely while they learn to assess risk and develop the skills to manage new situations.
- Learning that flows seamlessly between indoors and outdoors makes the most efficient use of resources and builds on interests and enthusiasms.
- Anyone who takes children outside regularly sees the enjoyment, and sense of wonder and excitement that is generated when children actively engage with their environment.

**Signature of Chair of Committee members:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature of Nursery Supervisor:** \_\_\_\_\_ **Date:** \_\_\_\_\_