

Health and Self Care

Children must also be helped to understand the **importance** of physical activity, and to make **healthy choices** in relation to food. The Department of Health say to aim for at least three hours of physical activity across the day for children in the early years foundation stage. Children have access to the Foundation Stage Garden every day as well as the big playground at lunch time.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/831431/Withdrawn_Children_0-5_infographic.pdf

