



Rough And Tumble Policy

In Dandelions Pre-School and Out of School Club we understand the importance of rough and tumble play for children's development. This policy runs alongside the settings Child Protection, Health and Safety and Inclusion policies. Louise Churchill is the Development Movement Play (DMP) Body and Movement Co-Ordinator for the setting alongside Shelley Hitchings (the SENCO).

DMP is child-led, play based, neuro-developmental approach which aims to support children's development. It helps children to build their body, brain and nervous system by moving when engaging in and enjoying DMP naturally. DMP also builds strength, skill and health which impact on other areas of learning.

Dandelions practitioners encourage the five kinds of movement play. These promote the sense of touch (tactile), sense of body (proprioception) and a sense of movement (vestibular) development. Children seek these movements which they need to help their development. The five types of movement include: -

Floor play

Children's muscle tone is developed through playing on backs and tummies as well as an interest in the world around them.

Belly Crawling

Children develop open hands which assists children in writing later.

Crawling

Children develop balance and eye-tracking which is important for reading later.

Push, Pull, Stretch and Hang

Children build a strong sense of their body which helps with co-ordination and confidence.

Spin, Tip, Roll and Fall

Children develop balance and eye focus.

Dandelions are committed to DMP and provide the equipment and safe spaces inside and outside to be able to engage in the five ways of moving, enabling DMP to be promoted. Dandelions practitioners help children's development and learning, believing that children have the right to access a full range of physical and tactile experiences. Through tactile and sensory stimulation, growth of the nervous system is enabled which promotes development. At times practitioners may join in with DMP as role models. Children in Dandelions can choose whether they join in or not. Dandelions enforces safety rules in DMP including taking off shoes, a restricted

number of children and moving in any way, providing that children are not hurting themselves or anyone else.

Dandelions practitioners observe children in DMP to analyse the way they move, to plan for their development. These observations can be seen in children's portfolios, which practitioners are happy to discuss with parents. Dandelions encourage floor play rather than all activities on tables.

Adopted December 2015

Reviewed January 2017

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