

Physical activity for early years (birth – 5 years)

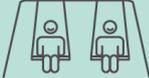
Active children are healthy, happy,
school ready and sleep better

 BUILDS RELATIONSHIPS & SOCIAL SKILLS	 MAINTAINS HEALTH & WEIGHT	 CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
 IMPROVES SLEEP	 DEVELOPS MUSCLES & BONES	 ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

Aim for at least
180
Minutes per day
for children 1-5 years

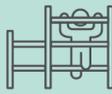
Under-1s at least 30 minutes across the day  TUMMY TIME	 OBJECT PLAY	 DANCE	 GAMES	 PLAY
	 SWIM	 WALK	 SCOOT	 BIKE



PLAYGROUND



JUMP



CLIMB



MESSY PLAY



THROW/CATCH



SKIP

Get Strong. Move More. Break up inactivity