

Physical activity for early years (birth - 5 years)

Active children are healthy, happy school ready and sleep better



**BUILDS
RELATIONSHIPS
AND SOCIAL SKILLS**



**MAINTAINS
HEALTH AND
WEIGHT**



**CONTRIBUTES TO
BRAIN DEVELOPMENT
AND LEARNING**



**IMPROVES
SLEEP**



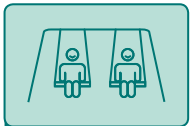
**DEVELOPS
MUSCLES AND
BONES**



**ENCOURAGES
MOVEMENT AND
CO-ORDINATION**

Every Movement Counts

Aim for at least
180
Minutes
per day
for children 0-5 years



Playground



Jump



Climb



Messy Play



Throw/Catch



Skip

Under 1s

At least
30 minutes
across the day



Tummy Time



Object Play



Dance



Games



Play



Swim



Walk



Scoot



Bike

Get Strong. Move More. Break Up Inactivity