

# 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

<b>Under-1s</b> 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**