

Physical activity for early years

Aim for at least



each day

Maintains health and weight



Improves sleep



Contributes to brain development and learning



Encourages movement and co-ordination



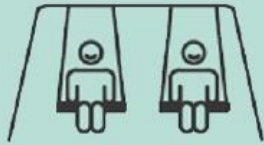
Develops muscle and bones



Builds relationships and social skills



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



Playground



Jump



Climb



Messy Play



Throw & Catch



Skip



Object Play



Dance



Games



Play



Swim



Walk



Tummy Time



Scoot



Bike

**Move More.
Sit less.
Play together.**