

“Physical development involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food” (DFE, 2017)

Exercise is essential to maintaining mental and physical health. It is important to be inventive and find ways for children to partake in vigorous physical activity using outdoor places, gardens and the indoors dependent on the space available.

Physical Development



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



PLAYGROUND



JUMP



CLIMB



MESSY PLAY



THROW/CATCH



SKIP

Under-1s at least 30 minutes across the day



OBJECT PLAY



DANCE



GAMES



PLAY



TUMMY TIME



SWIM



WALK



SCOOT



BIKE

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Promoting Moving and Handling

| Activity | Top Tips | |
|-------------------------------------|---|--|
| Animal Moves | Discuss how different animals move to encourage your child to move in different ways such as. jumping, running, sliding | Move freely and with pleasure and confidence in a range of ways |
| Balance & Control | Provide ways to promote balance e.g. put a line of tape on the carpet or on a plank on the ground in the garden. You can increase the challenge by suggesting they try backwards, sideways, tiptoes... Stopping and starting games e.g. musical bumps Balance on one leg. Use stopwatches to excite | Gain increasing control and co-ordination of large movements. Moves with increasing confidence in a range of ways appropriate to their age. |
| Dancing | Encourage children to use their imagination when moving to a variety of music genres e.g. turning, twisting, freezing, stretching, curling, landing and pivoting | Travels with increasing confidence and skill. Improves negotiation of space |
| Long and High jump | Make this a competition and/ or encourage them to improve their personal best. Measure the length they jump using standard and non-standard measures (see mathematics section). High jump can be from two feet together and a leap frog jump. | Gain increasing control and co-ordination of large movements. |
| Assault and obstacle courses | Create these inside or out. Consider what you can use to encourage your children to move in different ways and challenge their capabilities. Allow children to create their own courses. | Travels with increasing confidence and skill around, under, over and through balancing and climbing equipment. |
| Using tools and equipment | See the Literacy (Writing) and Expressive Arts and Design (Exploring and using Media and Resources) posters. Woodwork is great and children are so careful with real tools! | Develop the capability to handle equipment and tools effectively. |



Promoting Health and Self-Care

| Activity | Top Tips | Learning (DfE, 2013) |
|-------------------------------------|--|---|
| Recipes, Menus & Cooking | As appropriate to the age allow children to make choices about snacks from a range of healthy options and explain in appropriate terms what healthy foods are and why. Create a menu for the week and model/ discuss having a balance of food type | Eats a healthy range of foodstuffs and understands need for variety in food. |
| Workout & Yoga | There are some great YouTube videos specific to children to motivate them. Always try to join in. | Shows some understanding that exercise can contribute to good health |
| Time to let them try | Take time to slow the pace and nurture independence and improve social skills e.g. dressing and feeding themselves, managing small responsibilities e.g. water plants, lay the table. Allow your child to think for themselves by making choices and decisions. Value your children's input, encourage them to voice their thoughts, opinions and ideas. | They manage their own basic hygiene and personal needs with growing success |
| Toilet Training | Look up tips online. There is some really helpful advice. | To become dry and clean during the day and then the night. |
| Hand-washing | Model how to properly wash hands. Allow your child to explore hand-washing Use a timer or sing 'Happy Birthday' to manage at least 20 seconds. | Talks about ways to keep healthy and safe |
| Personal safety | Talk to your child throughout daily activities about how to keep safe: Managing tools and equipment safely Stranger danger Road safety Sun safety Safe relationships | Shows a developing understanding of safety when tackling new challenges, and considers and manages some risks. talk about ways to keep healthy and safe |

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This document and other information related to SKIP for Early Years Educators can be freely accessed and downloaded from:

<https://www.skipforeyeducators.co.uk>

