

# PHYSICAL ACTIVITY

## FOR UNDER 5s

LET'S  
GET  
MOVING

### HOW MUCH PHYSICAL ACTIVITY SHOULD UNDER 5s BE DOING?



Under 1s - At least 30 minutes across the day [Tummy/floor time].



1-5 years  
180 minutes [3 hours] per day.

### 6 key benefits of moving more:



Develops strong bones, muscles and heart



Builds social and emotional skills



Improves sleep quality



Supports balance and coordination



Helps to maintain a healthy weight



Boosts learning and development

### MORE IS BETTER

#### 3 top tips

1

#### Moving more together

Leading by example means children are more likely to copy you

2

#### Break it up

Make sure you break up long periods of sitting, such as in a car seat

3

#### Positivity and praise

Saying well done and showing encouragement for active play to boost their confidence



GO! Turn over for activity ideas

# EVERY MOVEMENT

# MATTERS

Encourage little ones to move more with these fun activity suggestions...

## TRY THESE AT HOME



Tummy time, reach and roll for their favourite toys



Blow some bubbles to chase and pop



Move and dance to their favourite songs!

Messy play

## MOVE AS A FAMILY

Family swimming classes



Join a local activity group



Plan a nature walk

Log movement on our 'Family Activity Tracker'

## GREAT FOR OUT AND ABOUT

Move using balance bikes, tricycles and scooters!



Visit the local park

Sensory play and exploration



Scavenger hunt in your local park

[active-together.org/letsgetmoving](https://active-together.org/letsgetmoving)

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