

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

Under-1s at least 30 minutes across the day	 OBJECT PLAY	 DANCE	 GAMES	 PLAY
	 SWIM	 WALK	 SCOOT	 BIKE
 TUMMY TIME	 MESSY PLAY	 THROW/CATCH	 SKIP	 PLAYGROUND
		 JUMP	 CLIMB	

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019