

# Physical activity for early years (birth – 5 years)

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

|                                                                                                                              |                                                                                                                   |                                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
|  BUILDS<br>RELATIONSHIPS<br>& SOCIAL SKILLS |  MAINTAINS<br>HEALTH &<br>WEIGHT |  CONTRIBUTES TO<br>BRAIN DEVELOPMENT<br>& LEARNING |
|  IMPROVES<br>SLEEP                          |  DEVELOPS<br>MUSCLES<br>& BONES  |  ENCOURAGES<br>MOVEMENT<br>& CO-ORDINATION         |

## Every movement counts



**Under-1s**  
at least  
30 minutes  
across the day


**TUMMY TIME**

|                                                                                                        |                                                                                                  |                                                                                                   |                                                                                                   |
|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
|  <b>OBJECT PLAY</b> |  <b>DANCE</b> |  <b>GAMES</b> |  <b>PLAY</b> |
|  <b>SWIM</b>        |  <b>WALK</b>  |  <b>SCOOT</b> |  <b>BIKE</b> |

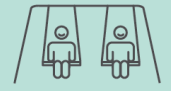
 **JUMP**

 **CLIMB**

 **MESSY PLAY**

 **THROW/CATCH**

 **SKIP**

 **PLAYGROUND**

**Get Strong. Move More. Break up inactivity**

UK Chief Medical Officers' Physical Activity Guidelines, 2019