

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

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