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
- Improves sleep
- Develops muscles & bones
- Contributes to brain development & learning
- 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

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers’ Physical Activity Guidelines, 2019