

# 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



**Tummy time**



**Playground**



**Dance**



**Climb**



**Skip**



**Swim**



**Object play**



**Messy play**



**Jump**



**Games**



**Play**



**Walk**



**Throw/catch**



**Scoot**

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