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20.2.2024

## Our Early Years 'Let's Get Moving' Physical Development project

The Nursery and Reception children are enjoying being part of our exciting Physical Development project, which aims to further develop the children's gross and fine motor skills across the EYFS curriculum.

Research has shown that competence in larger gross motor skills have multiple benefits for children's smaller motor skills, cognitive abilities, concentration and positive behaviours, including good mental health. The Early Years team have created a project action plan, which we would like to share with you at a Parent/Carer Physical Development workshop. We will also be inviting you to join us in some of our activities, for example the Daily Mile, our line dancing to music in the hall and the paper bag scrunching challenge (1 adult per family please and sorry we cannot accommodate younger siblings on this occasion, due to the high intensity of some of the activities and health and safety considerations). Part of our action plan involves engaging parents and carers in helping to weave physical exertion and activity into daily life. Please see the posters below to find out how much physical activity your child needs at different ages and stages of their life.

**The workshop will be taking place on Thursday 21<sup>st</sup> March at 2.40pm.** Please come to the school office for 2.35pm where you will be greeted by Early Years members of staff. Don't forget to come in trainers and comfortable clothes but please remember it is great fun and accessible to all!



We look forward to seeing you at the workshop,

The Early Years Team.



# 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

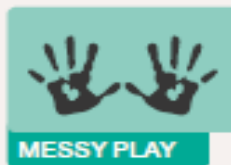


DEVELOPS  
MUSCLES  
& BONES



ENCOURAGES  
MOVEMENT  
& CO-ORDINATION

## Every movement counts



## Move more. Sit less. Play together

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active: [www.bit.ly/startactive](http://www.bit.ly/startactive)**

Please see below also.



# Physical activity for children and young people

(5 – 18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



MAINTAINS  
HEALTHY  
WEIGHT



DEVELOPS  
CO-ORDINATION



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
SLEEP



IMPROVES  
CONCENTRATION  
& LEARNING



IMPROVES  
HEALTH  
& FITNESS

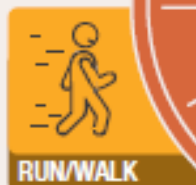
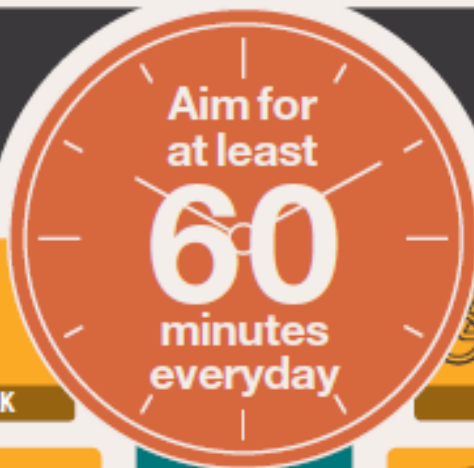


MAKES  
YOU FEEL  
GOOD

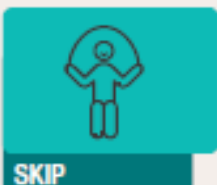
## Be physically active

Spread activity  
throughout  
the day

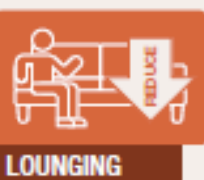
All activities  
should make you  
breathe faster  
& feel warmer



Include muscle  
and bone  
strengthening  
activities  
**3 TIMES  
PER  
WEEK**



**Sit less**



**Move more**

Find ways to help all children and young people accumulate  
at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: [www.bit.ly/startactive](http://www.bit.ly/startactive)

