

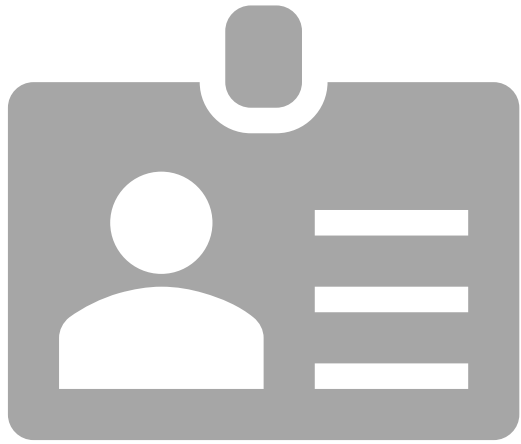
Early Years Physical Activity & Physical Development



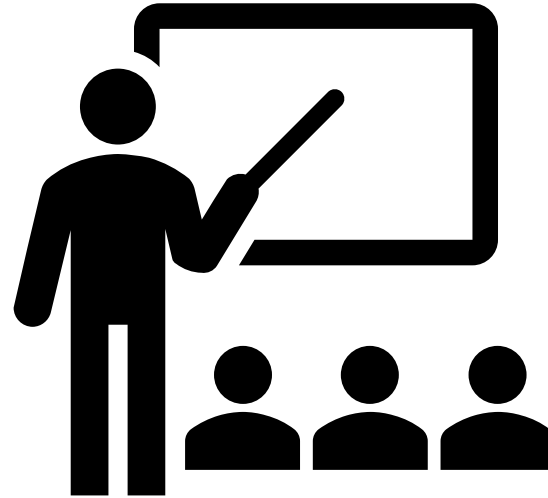
Aims of the Session:

- ▶ Increase understanding **of importance of physical development and physical activity.**
- ▶ Explore a range of activities/ideas to encourage **more physical activity.**
- ▶ Explore a range of activities/ideas to encourage **parents to be more active at home.**
- ▶ Identify how you can develop your own practice.

Who are you?



Name & Role



From today's training I would like..

The current landscape...

Issues ?

Concerns ?

Successes ?

Systems ?



Aims/Ambitions

What do we want to know?

What do parents need?

**What would we like the landscape to
be in?**

Why is physical activity important amongst babies and young children (EY)?

Potential benefits of regular participation in moderate intensity activity include:

- improved overall health
- healthy growth and development
- improved muscular strength, endurance and flexibility
- maintenance of energy balance (in order to encourage a healthy weight)
- reduced risk of developing adult diseases and conditions such as heart disease, diabetes and high blood pressure
- a sense of wellbeing
- enhanced self-esteem
- reduction in anxiety and stress
- opportunities for social interaction
- improved social and moral development
- improved cognitive functioning

**How many minutes of physical activity
should children from walking age to 5 do
on a daily basis?**

A minimum of 180 minutes a day

Divided into:

120 minutes moderate impact physical activity

60 minutes high impact physical activity
- spread out throughout the day

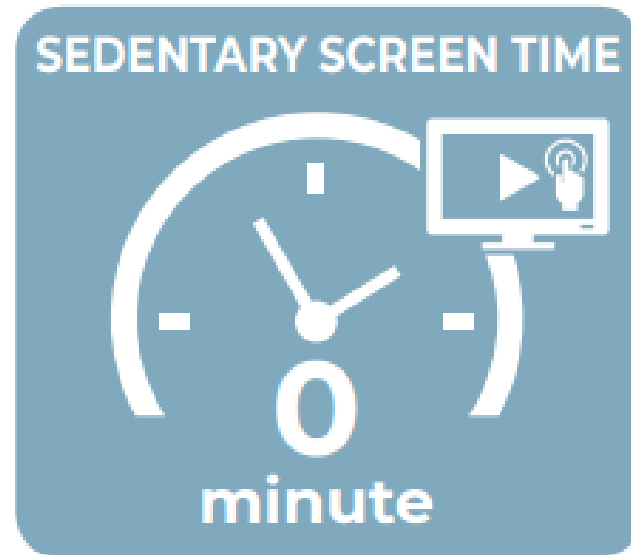


infants (less than 1 year) should:

Be physically active several times a day in a variety of ways, particularly through interactive floor-based play; more is better. For those not yet mobile, this includes **at least 30 minutes in prone position** (tummy time) spread throughout the day while awake.

Not be restrained for more than 1 hour at a time (e.g. prams/strollers, high chairs, or strapped on a caregiver's back). Screen time is not recommended. When sedentary, engaging in reading and storytelling with a caregiver is encouraged.

Have 14–17 hours (0–3 months of age) or 12–16 hours (4–11 months of age) of **good quality sleep**, including naps.



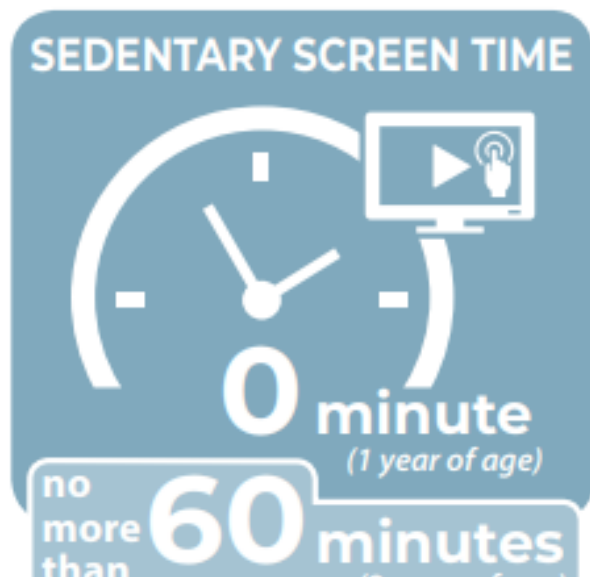
WHO Guidance

children 1–2 years of age should:

Spend at least 180 minutes in a variety of types of **physical activities** at any intensity, including moderate- to vigorous-intensity physical activity, spread throughout the day; more is better.

Not be restrained for more than **1 hour at a time** (e.g. prams/ strollers, high chairs, or strapped on a caregiver's back) or sit for extended periods of time. **For 1-year-olds, sedentary screen time (such as watching TV or videos, playing computer games) is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour; less is better.** When sedentary, engaging in reading and storytelling with a caregiver is encouraged.

Have **11–14 hours of good quality sleep**, including naps, with regular sleep and wake-up times.

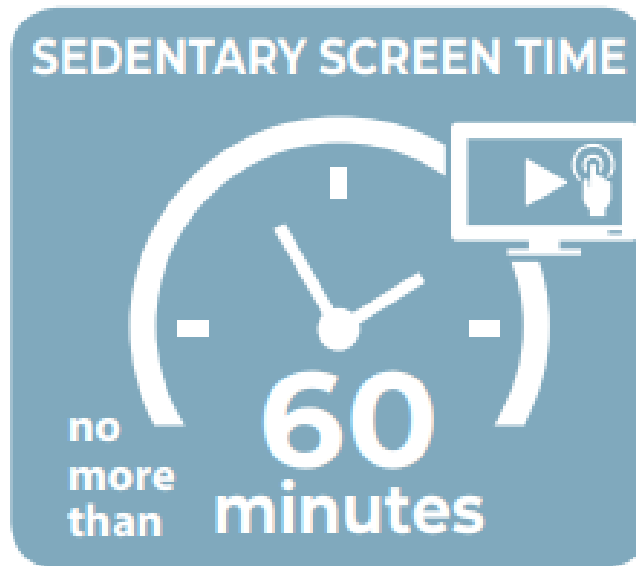


children 3–4 years of age should:

Spend at least 180 minutes in a variety of types of physical activities at any intensity, of which at least 60 minutes is moderate- to vigorous-intensity physical activity, spread throughout the day; more is better.

Not be restrained for more than 1 hour at a time (e.g. prams/ strollers) or sit for extended periods of time. **Sedentary screen time should be no more than 1 hour; less is better.** When sedentary, engaging in reading and storytelling with a caregiver is encouraged.

Have 10–13 hours of good quality sleep, which may include a nap, with regular sleep and wake-up times.



PA 1
Mini Yo!
YOGA STORY



Create you own...

Use 3/4 cards to create your own story to share with another group.

What about babies?



When babies are not sleeping they should have ample opportunity each day to move in different ways. They should have opportunity for:

- ▶ Waterplay
- ▶ Sand play
- ▶ Exploring different surfaces
- ▶ Regularly place babies on their front, back and side
- ▶ Allow plenty of tummy time, little and often (REACH TOYS – parent)
- ▶ Provide soft areas inside and outside to place babies on
- ▶ It is important for babies to spend time in different environments, including outside each day
- ▶ Ensure clothing does not restrict movement
- ▶ Reduce long periods of stillness
- ▶ Use age-appropriate sensory stimulation

**What is the maximum amount of time
a child in early years should be
sedentary at one time apart from
when they are asleep?**

Maximum of ONE Hour



SEDENTARY TIME

- **Infants (less than 1 year)**
should not be restrained for more than 1 hour at a time (e.g. in prams/strollers, high chairs, or strapped on a caregiver's back). Screen time is not recommended. When sedentary, engaging in reading and storytelling with a caregiver is encouraged.
- **Children 1–2 years of age**
should not be restrained for more than 1 hour at a time (e.g. in prams/strollers, high chairs, or strapped on a caregiver's back) or sit for extended periods of time. For 1-year-olds, sedentary screen time (such as watching TV or videos, playing computer games) is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in reading and storytelling with a caregiver is encouraged.
- **Children 3–4 years of age**
should not be restrained for more than 1 hour at a time (e.g. in prams/strollers) or sit for extended periods of time. Sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in reading and storytelling with a caregiver is encouraged.

Strong recommendations, very low quality evidence

PA 2
Tummy Time
HIDE the SPOT



Early Years Skills

Aiming
Avoiding
Balancing
Bending
Bouncing
Carrying
Catching
Changing Direction
Chasing
Clapping
Climbing
Collecting
Combining Movements
Crawling
Creeping
Cutting
Digging
Distance
Dodging
Drawing
Dribbling
Evading

Experiment
Gallop
Gesturing
Grasping
Handling
Hanging
Height
Hiding
Hitting
Holding
Hopping
Indoors/Outdoors
Jumping
Kicking
Landing
Leaping
Lifting
Lunge
Lying
Marching
Matching
Painting

Pathway
Picking up
Pinching
Pivoting
Placing
Pointing
Predicting
Pressing
Pulling
Pushing
Reaching
Rhythm
Rocking
Rolling
Rotating
Running
Scoring
Shooting
Shuffling
Skipping
Sliding
Speed

Spinning
Splashing
Squatting
Squeezing
Stacking
Standing
Stepping
Stopping
Stretching
Striking
Taking
Tapping
Tip Toe
Throwing
Touching
Turning
Twisting
Volley
Walking
Waving
Wiggling
Writing

On Their Own

Being Spontaneous and Creative
Dressing/Undressing
Enjoyment
Evaluating
Following Rules
Independent
Keeping Score (Counting)
Making Decisions
Problem-solving
Reflecting
Remembering
Seeing
Self-Awareness
Watching

With Other Children

Being Responsible
Being Seen
Caring
Challenging
Copying
Describing and Talking about and activity
Discussing
Encouraging
Engaging
Exploring
Feeding back
Following
Greeting
Holding
In a Pair/Group/Team
Interacting

With Other Adults

Leading
Solving Problems
Listening
Meeting
Mimicking
Mirroring
Move at the same time Move at different time
Praising
Parting
Playing
Problem Solving
Reassuring
Repeating
Sharing
Taking Turns
Trusting

PA 3

Mini Movers (MOVEMENT TO MUSIC)



Create you own...

*How else could these cards support
age/stage appropriate Physical
Activity/Physical Development?*



What percentage of brain development comes from babies and children in early years being physically active?

Approximately 60%



PA 4

Big Nursery Rhymes Challenge



Create you own...

Jack and Jill

Little Bo Peep

Wind the Bobbin' Up



**How many hours should a baby
spend on their stomachs?**



Approximately 1000 hours from birth to crawling
- Around first 9 to 10 months



What Young Children Need to support their Holistic Development:

- ▶ Lots of self-directed play and activity - let them explore
- ▶ Enabling and Enriching Environment - particularly outdoors
- ▶ Adult-led sessions to help them develop specific skills and basics
- ▶ Use of Active stories, Imagination, Animals, Props and Music to make the activities more engaging
- ▶ As the adult, have fun with them - role model

Make activities more engaging by including:

Active Stories

Imagination

Animals

Props

Music

Working with Parents

Always Share Positive Messages with Parents

Give Parents Ideas and Tools (e.g. Skills of the Week)

Physical Development Week:

- Everyone Dresses in Active Wear
- Parents and Children Walk to School / Nursery / Setting
- Invite Parents to Take Part in an Activity at Pick-up
- Send Daily Activity Ideas / Messages / Challenges

Home-link Activities

Home-link Challenge (create your own ideas)





Active Essex