

About us...

Active Essex is the Physical Activity and Sport Partnership for Essex,

Southend and Thurrock, and are one of 43 Active Partnerships in

England who work collaboratively with local partners to ensure the

power of physical activity and sport can transform lives.





Our vision is to create an active Essex to improve everyone's health and wellbeing. This will be underpinned by working together across systems to make physical activity a part of everyday life. We will ensure we do this together, by continuing to strengthen communities, by providing tools to enable our young to have the best and most healthy start to life, by creating attractive local spaces and places to encourage people to be active, and ensuring that good physical and mental wellbeing can be accessed by everyone.

What is the Early Years Movement Mark?





☐ An online award open to all <u>Early Years Charter</u> members across Essex

A self-assessment tool, which enables practitioners to reflect on physical activity-provision in their setting

Recognition of <u>commitment</u> towards developing good healthy habits and attitudes towards movement within the EYFS.

Why is it needed?

Over 50% of the children in England do not move enough!

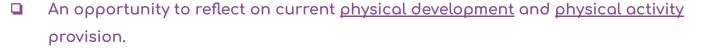
Physical Development has been recognised as a <u>key area</u> to develop further across the EYFS in Essex.



- Physical activity and physical development strongly contribute towards:
 - developing resilience
 - enhancing social and emotional skills
 - maintaining healthy weight and growth (bones, brain and muscles)



What are the benefits of the Early Years Movement Mark?





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Once completed, all applicants will have <u>free access</u> to exclusive, expert-led training opportunities and high-quality resources to develop provision further by Teach Early Years Award winners B-Inspired.

Access to <u>freely accessible</u> and <u>discounted</u> resources.

A '<u>badge of honour'</u> to share with your parents/carers and extended community.

How to apply...

Applications will be open in May... Put your email on the chat and we'll be in direct contact to let you know!



Come and visit us at the Active Essex <u>Early Years Conference</u> stand on <u>Saturday 18th May</u> and we'll assist you with your application.

☐ Contact <u>anthony@thepetrain.co.uk</u> for more information.