


Early Years Movement Mark



#MOVE WITH US

ActiveEssex

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?

- ❑ A free opportunity for Early Years Settings to be awarded for their work around physical development and physical activity.
- ❑ An online award open to all Early Years Charter members across Essex
- ❑ A self-assessment tool, which enables practitioners to reflect on physical development and physical activity provision in their setting
- ❑ Recognition of commitment 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 key area to develop further across the EYFS in Essex.
- ❑ Early physical activity experiences are a defining factor in developing healthy habits in later childhood, adolescence and adulthood.
- ❑ 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?



- ❑ An opportunity to reflect on current physical development and physical activity provision.
- ❑ Once completed, all applicants will have free access to exclusive, expert-led training opportunities and high-quality resources to develop provision further by Teach Early Years Award winners B-Inspired.
- ❑ Access to freely accessible and discounted resources.
- ❑ A 'badge of honour' 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 Early Years Conference stand on Saturday 18th May and we'll assist you with your application.

- ❑ Contact anthony@thepetrain.co.uk for more information.

