

Are you making your move as a family?

Do you want to give your child the best start in life?

Physical activity is as important to a child's development as numeracy and reading and writing. Encouraging your child to be physically active may help in leading a healthy, active lifestyle later on as an adult.

Benefits



Develop strong bones, muscles and hearts



Develop good motor skills including balance and coordination



Supports good social skills which is great for making friends



Helps to maintain a healthy weight



Helps to enable your child to sleep well



Boosts your child's confidence and emotional skills



How much physical activity should children under 5 be doing?



Under-1s - at least 30 minutes across the day (tummy/floor time). Start slowly and build up



1-5 years - 180 minutes (3 hours) per day



Every movement counts

It's very important to make sure you break up long periods of time where your child is sitting or restrained (i.e. in a car seat), except for time spent sleeping.

Top tips!



Best place is home!
Make sure being physically active is part of your day to day life



Moving more as a family!
Leading by example means that children are more likely to copy you



Break it up!
Make sure you break up long periods of sitting



Positivity and praise!
Saying well done will help boost their confidence



Technology
Use your technology in a positive way!



Under-5s Activity Ideas

MAKE YOUR MOVE



Leicester-Shire & Rutland Sport

SportPark, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

T: 01509 564 888 E: info@lrsport.org



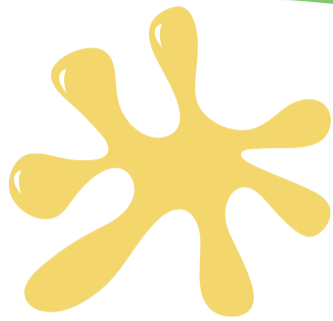
Get active wherever you are!

Here are some suggestions for you to try with your child/children to help them achieve the recommended amount of daily physical activity....

**MAKE
YOUR
MOVE**

Tummy Time!

Do some tummy time, encourage babies to reach and roll for their favourite toys.



Messy Play

There are plenty of ways for your child to explore the art of getting messy! Start with different foods like jelly or spaghetti hoops.



Move + Shake!

Put on some music and dance with your little one! This will work their strength and balance.



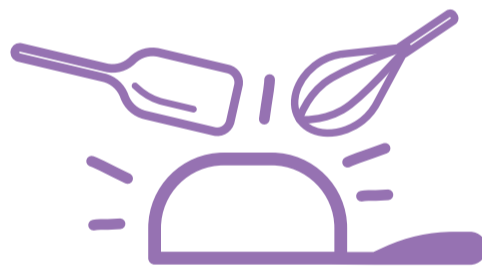
Catch the Bubbles!

Blow some bubbles and encourage your children to chase and pop them.



Act + Sing!

Act out their favourite nursery rhymes... There are plenty to choose from!



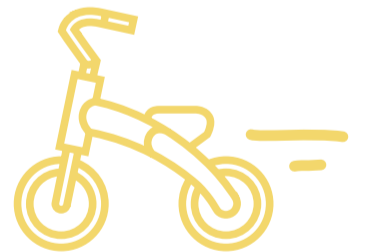
Outdoor Play!

Visit the local park or play area and enjoy some fresh air!



Make some noise!

Use saucepans and wooden spoons to make a drum kit to bang on!



Get climbing..

You can create mountains out of sofa cushions and pillows. It's great for strength and balance.



Go for a ride

Get out and about - balance bikes, tricycles and scooters are a fun way to get moving!



Sensory Play

Try using natural materials for sensory exploration e.g. sand, soil, leaves, flowers, water



Get more advice and activity ideas at www.lrsport.org/parent-carer