Are you making your move as a family?

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

Physical activity is an important part of a child’s development as it promotes health and reading and writing. Ensuring your child is 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 your child is being physically active part of your day to day life
- Leading by example means that children are more likely to copy you
- Make sure you break up long periods of sitting
- Positivity and praises! Saying well done will help boost their confidence
- Use your technology in a positive way!

Under-5s Activity Ideas

LRSport.org

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....

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

**Catch the Bubbles!**
Blow some bubbles and encourage your children to chase and pop them.

**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.

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

**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!

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

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

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

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