



Let's Get Moving



Understanding your child's physical development.

We all want our children to grow up to be happy, healthy adults. So we need to teach them good habits and routines.

Why is physical activity important?

- Strengthens muscles and bones.
- Develops balance and coordination
- Improves self confidence
- Helps maintain a healthy weight.
- Improves sleep



NHS physical activity guidelines for young children:

Babies (under 1 year)

- Should be active throughout the day.
- If they are not crawling encourage them to stretch and move their arms and legs



They need:-

- At least 30 minutes of tummy time per day



Toddlers (aged 1-2 years)

- Should be physically active for 180 minutes (3 hours) every day.
- Activities such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping should be included.
- Active play, such as using a climbing frame, riding a bike, playing in water, chasing games and ball games, is the best way for this age group to get moving.



Pre-schoolers (aged 3-4 years)

- Should be physically active for 180 minutes (3 hours) every day.
- This should include at least 60 minutes of moderate to vigorous physical activity.
- Children under 5 should not be inactive for long periods, except when they're asleep.
- Watching TV, travelling by car, or being strapped into a buggy for long periods are not good for a child's health and development.



Remember

All movement counts. The more the better.

We all know the obvious ways that children move. Here are some other ideas:-

Encourage your child to dress /undress themselves, even with clothes that have zips and buttons.

When out and about, encourage your child to run up and down hills.

Play whole body action rhymes such as Heads, Shoulders, Knees and Toes

Play tennis with a balloon and fly swat or cardboard tube.

Encourage your child to help with sweeping the floor, hoovering, carrying toy boxes and shopping bags.

Give your child objects to stir in a saucepan such as conkers, corks and rice, which they can scoop and pour into different size containers.

Understanding physical development

From sitting up on their own to throwing a ball, children gradually develop their physical skills.

Physical development includes both growth and the ability to use muscles and body parts for particular skills.

Children learn to control their bodies from the centre (core) outwards and from the head downwards to their toes.



Children need to develop their:-

Core strength

Shoulder — arm — wrists — hands — finger muscles

Neck muscles

Trunk muscles

Whole body control and balance



Motor skills are used everyday throughout our lives. They help us move and do everything from lifting heavy items to typing on a keyboard. Motor skills and motor control begin developing after birth, and will progress as children grow.

Having good motor control also helps children explore the world around them, which can help with many other areas of development.

Motor skills are broken up into two groups.

Gross motor skills are movements related to large muscles such as legs, arms, and trunk.



Fine motor skills are movements involving smaller muscle groups such as those in the hand and wrist.



Help your child at home...outdoor play

Outdoor play is seen in nursery as an extension of the classroom and is often referred to as 'the outdoor classroom'



If you can try and get your child outside as the benefits of outdoor play are enormous and cover all areas of learning and development as well as health and well-being.

Remember there is no such thing as bad weather, only bad clothes! If your child is dressed appropriately they will have hours of fun!

Also remember to keep your child safe in the sun too!

Here are a few ideas to try...

- Have a picnic
- Hide some treasure and have a treasure hunt.
- Plant flower seeds .
- Make a grass trumpet (Put the grass over your thumb and blow)
- Go out and forage for blackberries and make a blackberry and apple pie
- Find a snail and watch it eating a leaf
- Make a tiny pond in a storage box sunk into the ground. Put a stone inside to let any frogs get out and then stand back and wait
- Sweep up leaves
- Wash old toys in a bowl of water

Useful websites

<https://startwellbirmingham.co.uk>

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/>