

Healthy
Under 5s

Physical Activity for Under 5s E-presentation

www.healthycornwall.org.uk



Learning Outcomes

This short E-presentation has been developed to give you a basic understanding of the importance of physical activity within your setting and to promote physical activity outside your setting through active engagement with your families

In this presentation you will cover the following topics:

- ✓ To understand the importance of physical activity in the early years
- ✓ To learn about the physical activity and sedentary guidelines for the early years
- ✓ To share, explore and develop ideas to further encourage your children to be active
- ✓ To better engage parents and carers to continue the promotion of physical activity in the home
- ✓ To support your setting in ensuring physical activity is embedded within daily practice
- ✓ To become familiar with available resources to promote physical activity.

What is Physical Activity?

“Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure”

WHO , 2017

“The term ‘physically active play’ refers to play that involves movements of all the major muscle groups. It can range from activities with small intermittent movements, to large movements involving the whole body.”

BHF Early Movers 2017





“ If a medication existed which had a similar effect to physical activity, it would be regarded as a ‘wonder drug’ or a ‘miracle cure’ ”

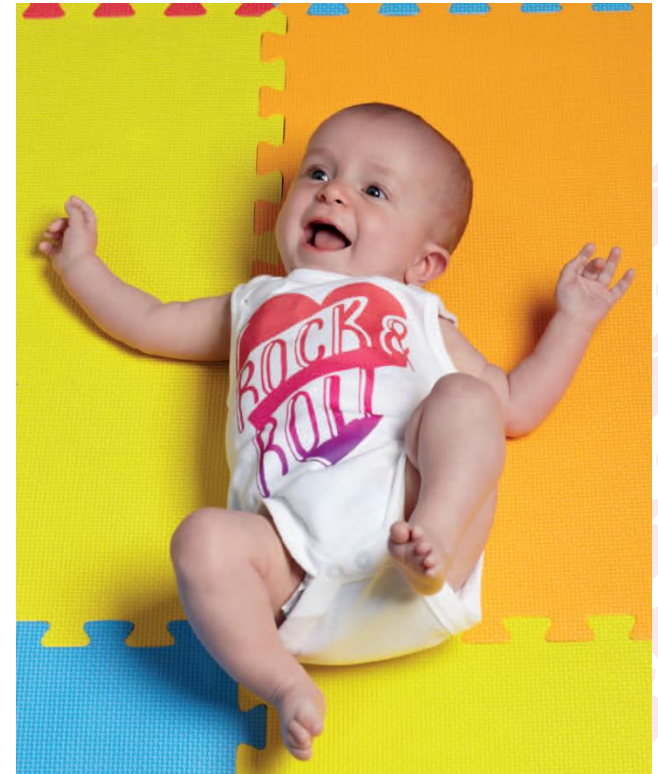
Sir Liam Donaldson, the former
Chief Medical Officer of England

You Can Make a Difference

Only **9%** of children aged 2-4 years meet the physical activity recommendations, this means **91%** are missing opportunities

You can make a difference by ensuring children are physically active whilst in your care.

- Inspire and encourage children and families to enjoy activity and try new things
- Role modelling, if children see staff joining in with activities they will be more interested in giving it a go
- You are in a position to provide opportunities which may not otherwise be available in the home



Non Walkers

UK Physical Activity Guidelines

Physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in safe environments

Types of physical activity for non walkers

- Crawl, roll, play on floor
- 'Tummy time'
- New movements using large muscle groups
- Reaching for and grasping objects, pulling, pushing and playing with other people
- 'Parent and baby' swim sessions



The importance of movement for non walkers

Unrestricted floor based activities are essential for infants not yet walking and are important for helping them to:

- ✓ Maintain a healthy weight
- ✓ Build social and emotional bonds
- ✓ Develop good posture, strength and balance
- ✓ Develop all their senses
- ✓ Teach them about their bodies and the world around them
- ✓ Interact with others and develop language and communication skills
- ✓ Keep their bodies and minds active



Walkers

UK Physical Activity Guidelines

Children of pre-school age who are capable of walking unaided should be physically active for at least 180 minutes (3 hours), spread throughout every day

Types of physical activity for walkers

Physical activity involves movements of all the major muscle groups:

- Legs
- Buttocks
- Shoulders and arms
- Trunk (body) from one place to another, i.e. jumping, skipping, running etc.



The importance of physical activity for walkers

Cognitive thinking

- ✓ Thinking critically
- ✓ Making choices
- ✓ Problem solving
- ✓ Creativity

Physical Development

- ✓ Stamina
- ✓ Strength
- ✓ Mobility
- ✓ Motor skills
- ✓ Co-ordination

Health and Wellbeing

- ✓ Strong bones and muscles
- ✓ Healthy weight
- ✓ Established physical activity habits
- ✓ Cardiovascular health

Personal, Social and Emotional

- ✓ Fair play
- ✓ Co-operation
- ✓ Language & communication
- ✓ Confidence



Sedentary Guideline

“All under 5’s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping)”

Only 22% of boys and 19% of girls watch less than 2 hours (which is the government recommendation) of TV a day at the weekends **BHF 2015**

Activities that lead to sedentary behaviour and should be limited in settings:

- ✓ Television
- ✓ Walkers
- ✓ Bouncers
- ✓ Pushchairs

Not all children are naturally active and some may need prompting to change from sedentary activities such as:

- ✓ Painting
- ✓ Colouring
- ✓ Reading
- ✓ Sand/water table



Activity Ideas

Provide different types of activities to encourage all children to be active. Here are a few ideas to get you started but there are plenty more!

- Daily structured activities e.g. music and dance, outdoor games, yoga
- Opportunities for climbing/ crawling through planned activities and equipment
- Supervised tummy time
- Space and equipment to encourage unstructured active play inside and out e.g. climbing frames, trikes, wet weather clothing, balls, hula-hoops
- Forest school, planned outings such as beaches, woods or farms



Activity Ideas

For more ideas but for a small fee for some have a look at these other resources:

- [Early Movers Guide](#)
- Change4life/ Play4life
- Youth sports trust Healthy Movers (Please ask us about local opportunities including funding and training from our partners at Cornwall Sports Partnership.)
- [Sticky Kids children's songs](#)
- [Fun Fit](#)
- [Early Years Fun Fit Cornwall](#)



Promoting Physical Activity in your Setting

- ✓ **Staff** - ensure all staff setting are aware of the importance of keeping children active and demonstrate positive role modelling by joining in with activities
- ✓ **Free play** - plan & provide environments with plenty of fun, stimulating active play opportunities and challenges where children generate and direct their own physically active and imaginative play
- ✓ **Structured regular group activities** – balance free play with more formal structured learning opportunities e.g. music and movement, organised games
- ✓ **Utilising all available space** - Allow children to spend plenty of time outside. Lots of small bouts of focused play time results in more activity than extended periods. When inside clear tables, if space is tight use community space, open green spaces, parks church halls
- ✓ **Everyday tasks** - get children involved as much as possible in physical tasks such as tidying and putting away equipment, helping set up activities and mealtimes and getting involved in gardening
- ✓ **Working with parents** - prepare for all weathers, provide take home bags, encourage active travel

Working with parents

Parental support is vital to help young children make the most of being active. By working closely with parents you can ensure they are:

- Aware of the importance of physical activity for their children and themselves by sharing government recommendations
- Able to support their child to be physically active by providing information on local clubs and activities
- Aware of activities they can do with their children from your experience of what they enjoy when in your care

Communicating with parents and carers

- Parents evenings
- Newsletters
- Notice boards
- Settings website
- Emailing/ texting
- Social networking
- Distributing leaflets/booklets
- Holding special/social events
- Informal contact – drop off/pickups

Thank you for completing the Physical Activity E-presentation

If you have any questions or would like to
speak to one of our Early Years Advisors
please contact:

Healthy Cornwall

01209 615600

healthyunder5s@cornwall.gov.uk

