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UK Chief Medical Officer's Physical Activity Guidelines
2019
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OpenLearn course:
OpenLearn url:

Supporting physical development in early childhood
<https://www.open.edu/openlearn/health-sports-psychology/supporting-physical-development-early-childhood/content-section-0>



Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
school ready and sleep better



BUILDS
RELATIONSHIPS
& SOCIAL SKILLS



MAINTAINS
HEALTH &
WEIGHT



CONTRIBUTES TO
BRAIN DEVELOPMENT
& LEARNING



IMPROVES
SLEEP



DEVELOPS
MUSCLES
& BONES



ENCOURAGES
MOVEMENT
& CO-ORDINATION

Every movement counts

Aim for at least
180
Minutes
per day
for children 1-5 years



PLAYGROUND



JUMP



CLIMB



MESSY PLAY



THROW/CATCH



SKIP



Under-1s

at least
30 minutes
across the day

TUMMY TIME



OBJECT PLAY



DANCE



GAMES



PLAY



SWIM



WALK



SCOOT



BIKE

Get Strong. Move More. Break up inactivity