

Being active develops bone health, muscle strength and well-being. Moving every day will benefit the growth of healthy tendons and ligaments through increased blood flow. Muscle tissue growth will be stimulated by plenty of physical activity.

It can provide a way to express emotion and mood e.g. anger, frustration and happiness.

New experiences and repetition create the connections in the brain and enable the child to become more coordinated. Supporting movement to develop a child's brain is key in early development. As the connections build, a child will develop their next steps.

Active play supports a positive outlet for energy and increases children's ability to concentrate and develop their capacity to learn. Alongside supporting social skills such as cooperation and turn taking.

### The importance of physical activity for children in the early years

It allows children to discover, experiment and problem solve in the world around them.

It is important to provide children with opportunities to enjoy activities that encourage bone growth. These may include whole-body movements like rolling, crawling, walking, running, jumping and climbing. Being active also improves blood flow in the lymphatic system so the immune system may respond quickly to viruses and infections.

Children need to move in order to be safe and strong. Being physically active ensures the muscles properly support the joints and reduces the possibility of accidents and fractures.

It develops body control and co-ordination, which helps a child to be more independent and gain control over personal routines like dressing.

Being active outside also supports the manufacture of vitamin D that promotes healthy bone growth. Calcium gained through food and drink is helped by vitamin D to pass from the blood stream into the bone structure.