



Welsh Active Early Years Blynyddoedd Cynnar Cymru Actif Cymru



Let's get active!



Cronfa Iach ac Egniol
Healthy & Active Fund

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Early Years
Wales
Blynyddoedd
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What is physical literacy?

Here's what you need to know...

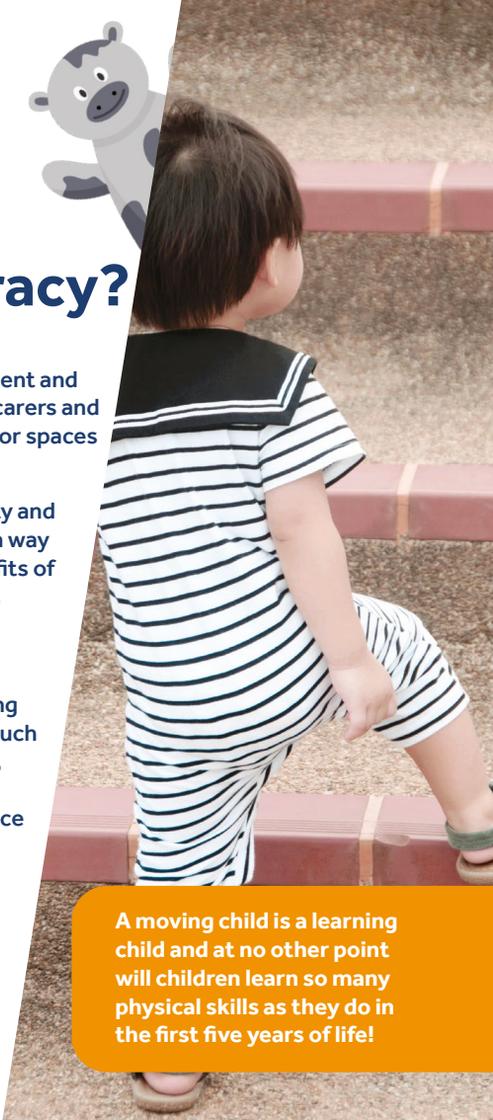
Active Together Wales is a 4-week multi skills movement and play based activity programme delivered to parents/carers and their children at community-based venues and outdoor spaces across Wales.

Our vision is to support you as a family to build activity and movement into your everyday lives through 'Play', in a way that supports you as a family to understand the benefits of physical movement in the first 1000 days and beyond.

Physical literacy is simple

The term "physical literacy" is simply about developing the essential movement skills that all children need, such as tummy time, crawling, running, hopping, throwing, catching and jumping. These movement skills in turn give children the confidence, self-esteem and resilience to participate in different physical activities, sports, and games. In the same way a child learns to speak by interacting with their parents from an early age, the same is true of learning to move with confidence.

You don't need special equipment or training, just a playful adult and an understanding how physical literacy looks in young children and babies.



A moving child is a learning child and at no other point will children learn so many physical skills as they do in the first five years of life!

Physical activity guidelines for Under-5s

Infants (less than 1 year):

Your baby should be physically active several times every day in a variety of ways, why not try floor-based activity, e.g. tummy time, free floor play and crawling.

If your baby is not yet mobile, you should aim for 30 minutes of tummy time spread throughout the day while they are awake. You can support this by lying them on your chest or knees. Bath time is another way of promoting tummy time (other movements such as reaching and grasping, pushing and pulling themselves independently, or rolling over); more is better. Tummy time may be unfamiliar at first, but can be increased gradually, starting from a minute or two at a time, as your baby becomes used to it.

Why not try some homemade tummy time mats so your baby is experiencing different textures and surfaces?

Babies should not sleep on their tummies.





Physical activity guidelines for Under-5s

Toddlers (1-2 years):

Your toddler should spend at least 180 minutes (3 hours) per day in a variety of physical activities. This should include active and outdoor play, spread throughout the day; more is better.

Pre-schoolers (3-4 years):

Your pre-schooler should spend at least 180 minutes (3 hours) per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of more vigorous physical activity.

Why not try our Bear exercises to start you off?





Being physical is important for your child's health

At no other point will children learn so many physical skills as they do in the first five years of life! The benefits of young children being physically active goes way beyond just the physical benefits. Research has shown that being physically active can help with the development of:

- Motor skills e.g. balance, coordination
- Maintaining a healthy weight
- Strong bones, muscles and heart
- Social skills i.e. how to interact, take turns and getting on and caring about others.
- Communication skills including how to solve problems and make decisions
- Establishing good habits for being active so will they will continue to be active throughout the rest of their childhood and beyond. Developing important brain structures that develop immediate and long-term good health outcomes





What you can do...

For starters, try to build active play time in every day. It's just like reading with your child. Reading to children develops their love of books, and playing with them develops their love of movement and play. Physical literacy is no different.

The most important thing is that you have fun! Play isn't meant to be another chore on a never-ending to-do list. There are many ways to work physical literacy into a busy or overwhelming schedule without it feeling like a burden. You could even include them in the housework as soon as they can help.

Why not try...

- sorting the washing
- unpacking the shopping
- cleaning the windows together



Ideas to encourage physical activity for babies



Find space for children to roll freely and where possible on different surfaces.



Blow bubbles, encouraging them to bring their hands together to pop the bubbles.



Blow up balloons and tie to the hand and wrist encouraging movement.



Place toys just out of your baby's reach to encourage reaching. You can also use simple toys like rattles to encourage touching and holding.



Sit and support your baby upright on the floor and move a ball or toy in front of him/her. This encourages your baby to follow the toy with their eyes, reach for it and grasp it.



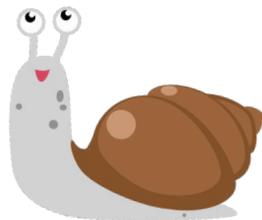
Provide lots of floor play that includes tummy time.



From 6 months, encourage your baby to try pulling to stand. You can sit them near furniture and encourage them to pull up to standing. Make sure that your furniture is sturdy and won't fall over.



Quiet, gentle activities are also important, especially for developing your baby's fine motor skills. For example, picking up small objects or putting pegs into a bucket is good for practicing small finger movements. When your baby spends time just looking at things like colourful books or pictures, it helps them get better at moving their eyes.



Free and easy ideas for active play





Congratulations on moving your body in so many different and healthy ways

You are on your way to being active for life!

An active day means moving your body in lots of fun ways.

From the activity menu, select at least one option from each category. Try to choose something different every day!

Total time: 90 minutes

Use your body to get around:

- Crawl
- Walk
- Run
- Bike
- Scooter
- Skip

Make time to play outside:

- Play hide and go seek
- Roll down a hill
- Jump in puddles
- Jump off rocks
- Build a den
- Get muddy
- Look for worms

Get together for a family activity:

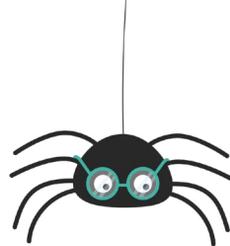
- Go to the park
- Go on a bike ride
- Go for a walk
- Make an obstacle course in the garden
- Play football using homemade goals
- Go bowling

Have fun developing skills:

- Roll ball to each other
- Play catch by throwing the ball back and forth
- Stand on one foot while brushing teeth
- Balance on line of masking tape on the floor

Remember to help around the house:

- Pick up toys
- Sort the washing
- Help to put the shopping away
- Help with the dusting
- Have fun in the bath



Praise is Power

Praise is something we all like to receive. It can make a big difference to our well-being and how we see ourselves. It can also improve how a family works together and create the right conditions for happy relationships.

To create the behaviours, we need to consider what we pay attention to. Praise your child for the things that you want to see more of and try to ignore the small things that you find irritating. By concentrating and praising the acts that we want to see more of, will help your child to recognise your appreciation for their actions and encourage them to want to repeat these to please you. It is easier to learn new behaviours when we remember how happy it has made someone else.

All children need praise and all the good feelings; confidence, pride and resilience – that praise gives us.

Top tips for using praise:

- Describe what it is you like about the behaviour and share in their pleasure by touching them gently and giving 'pride' to them
- Reward for effort as well as success
- Give your undivided attention to show its importance to you
- Recognise the small stuff that you praise as this will set the foundation for the bigger stuff
- Use praise consistently and often, model self-praise
- 'Praise for Being' tells someone we value them just for being who they are, for their appearance, for their innate qualities.
- 'Praise for Doing' tells someone that we have noticed and appreciate their efforts.

The message we want our children to receive when we pair the two is that our love is unconditional, and we have pride in them.



Being outdoors gives children the opportunity to pretend to be anything they want

Children learn about the natural elements and their surroundings when they are outside. For example, they learn about the weather, the change in seasons, and different animals that are found outside

Outdoor play enables young children to learn about the world around them

Energetic play outside strengthens the heart and lungs (good for their health)

Playing outdoors enables children to interact with other children, teaching them how to take turns, communicate and co-operate with each other

The importance of going out and about

Playing outside helps children to develop physically, emotionally, cognitively, imaginatively and improve fine and gross motor skills

Playing outdoors supports children to feel confident about practicing and learning new skills

Making the most of every opportunity to extend your child's language skills by pointing out, naming and describing things that you see and do together

Outdoor play helps children to enjoy the natural environment and learn to seek out exercise, fresh air and activity.

Outside activities help your child to develop an understanding of the importance of talking and listening

Outdoor play provides opportunities to practice a wide range of movements, e.g., that build locomotor, stability and control skills

Climb a big hill

Build a
sandcastle 

Make perfume from
flower petals 

Play pooh
sticks

Roll down a
grassy bank

Ride a bike

Eat a picnic
outside 

Lie on your back and
watch the clouds

Fly a kite 

20 things to do before you are three


Build a den

Grow cress

Run barefoot on
the beach 

Make a mud pie

Play balloon catch

Jump in a puddle 

Catch some frogspawn and
watch it turn into a frog

Feed the birds

Make a daisy chain 

Go on a snail hunt

Grow a plant 