

## Even more ideas

Encourage your child to walk instead of using a buggy wherever possible

Follow the leader games give you the opportunity to role-model different movements

Encourage movement at different speeds, stop and start, fast and slow

Physical activity will ensure your child's health and fitness. Make sure children know the importance of physical play and exercise in relation to being fit and healthy.

### *Families at Play*

Families at Play is a series of information leaflets that offer enjoyable and exciting activities for you and your child to do together.

Other leaflets available in the Families at Play series:

#### *Physical Activity over 2's*

Physical Activity under 2's

Messy Play over 2's

Messy Play under 2's

Water Play over 2's

Water Play under 2's

Sound and Music over 2's

Sound and Music under 2's

Mark Making over 2's

Mark Making under 2's

Playdough over 2's

Exploring under 2's

Small World over 2's

Pretend Play under 2's

# Physical Activity

over 2's



Produced by Redbridge  
Early Years Childcare  
Improvement Team





## Why is physical play so important?

There has been concern that young children are spending more time in sedentary (sitting) activities for long periods of time.

Young children who are walking should be physically active everyday for at least 180 minutes (3 hours) spread throughout the day.

(BHF physical activity guidelines)

In the first 5 years children learn more physical skills than any other point in their lives.

They need time to play, explore and develop movement skills. Physical activity is really important for healthy growth and development.



## How will this help my child?

Being physically active can help with:

- Physical skills e.g. balance and co-ordination.
- Keeping a healthy weight
- Building strong bones, muscles and heart
- Brain development
- Social skills and self confidence feeling good and playing together
- Developing good habits that will set them up for a healthy life.

All kinds of activity can help towards the 180 minutes a day- this can be a mixture of movements- spread throughout your day and not all at once.

Children will experiment and they know their limits, but you need to supervise them on large equipment.



## What will we do?

Give plenty of chances and time to practise physical skills. Children enjoy doing things over and over again

- Use everyday activities like tidying up, gardening, setting up for meals etc.

When you are outside or in a large space let them play running and chasing games

Let them climb and balance in safe spaces indoors and outside

Play with different sized balls- throwing, kicking, catching and rolling

Dance, skip and hop to music

Play with wheeled toys that they can pull, push and ride on