

## Health and Self Care

Children must also be helped to understand the **importance** of physical activity, and to make **healthy choices** in relation to food. The Department of Health say to aim for at least three hours of physical activity across the day for children in the early years foundation stage. Children have access to the Foundation Stage Garden every day as well as the big playground at lunch time.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/831431/Withdrawn\\_Children\\_0-5\\_infographic.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/831431/Withdrawn_Children_0-5_infographic.pdf)

This document has been replaced with a newer version. Go to:  
<https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>

### 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  
**3**  
Hours  
across everyday

 PLAYGROUND				
 JUMP	 CLIMB			
 MESSY PLAY	 THROW/CATCH	 SKIP		
 OBJECT PLAY	 DANCE	 GAMES	 PLAY	
 TUMMY TIME	 SWIM	 WALK	 SCOOT	 BIKE

### Move more. Sit less. Play together

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: [www.bit.ly/startactive](http://www.bit.ly/startactive)