



Returning to
my Childminder,
Nursery or
School

**Being
Active**

Children need to be active for lots of reasons – to keep healthy, prevent future obesity, develop muscle strength and stamina and to develop the control of their hands and fingers needed for writing. Children of 1-5 years should be physically active for 3 hours a day, including 60 minutes of moderate to vigorous activity. This can be hard to achieve at home but for much of the time at their early years setting a child will be active, including spending time outdoors.

How you can help

- Try to find a safe place your child can run, scooter or cycle, such as a playing field, cycle path, beach or local park.
- Challenge your child. Can they see how fast they can run to that tree and back? How far can they jump? How many times can they hop on one leg? Have a competition or time them and see if they can get better.
- Put on your favourite music and dance with your child, or sing songs and rhymes that have actions, such as 'Row, row, row your boat' or 'Dingle, dangle scarecrow'. There are lots of You Tube clips available with the words and actions.