

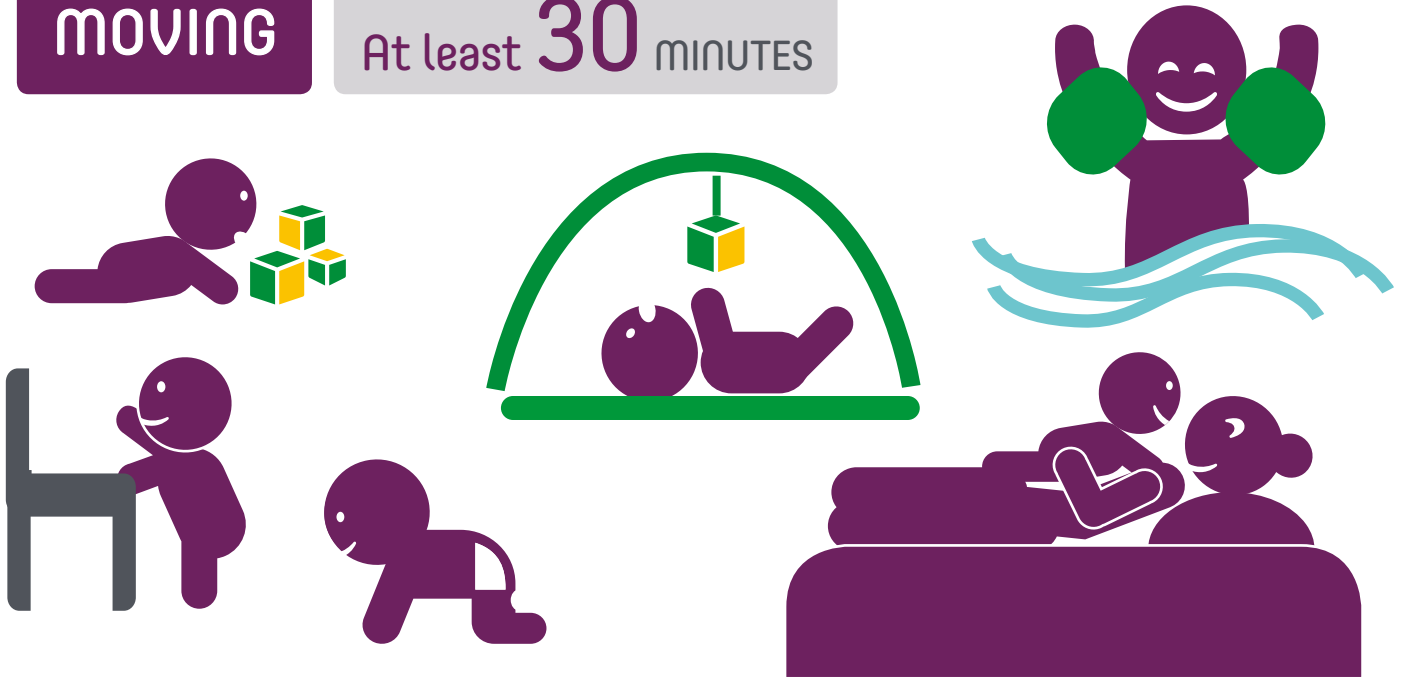
Physical Activity for Early Years



A sample healthy 24 Hour Day for Babies (0-12 months)

MOVING

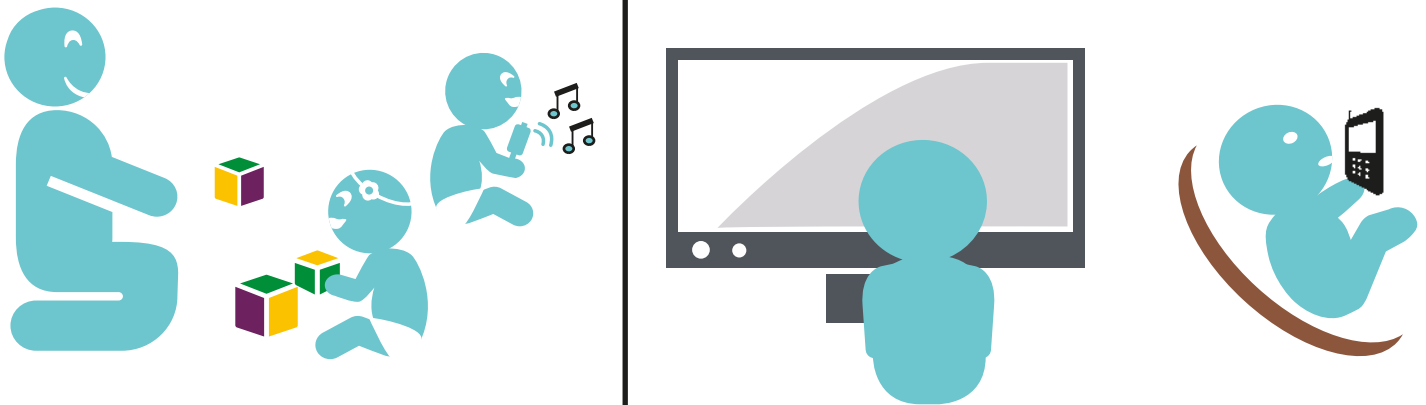
At least **30** MINUTES



SITTING



0 HOURS



Benefits of Physical Activity for Early years

Physical wellbeing

- Improved motor skills
- Cardiovascular health
- Healthy bone and muscular development
- Promoting of and maintenance of healthy weight
- Improved sleep

Psychological well-being

- Improved cognitive development
- Improved social interaction including problem solving, decision making, compromise and set up of and following rules
- Build self-confidence and self-control
- Build attention span

Physical Activity for Early Years



A sample healthy 24 hour day for toddlers (12-36 months)

MOVING

At least **180** MINUTES (3hrs)



SITTING

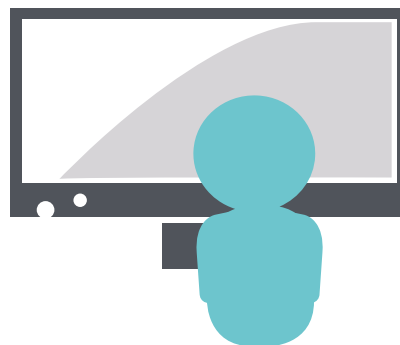


12-24 MONTHS

0 HOURS

24-36 MONTHS

1 HOUR OR LESS



Benefits of Physical Activity for Early years

Physical wellbeing

- Improved motor skills
- Cardiovascular health
- Healthy bone and muscular development
- Promoting of and maintenance of healthy weight
- Improved sleep

Psychological well-being

- Improved cognitive development
- Improved social interaction including problem solving, decision making, compromise and set up of and following rules
- Build self-confidence and self-control
- Build attention span

Physical Activity for Early Years



A sample healthy 24 hour day for pre-schoolers (3-5 years)

MOVING

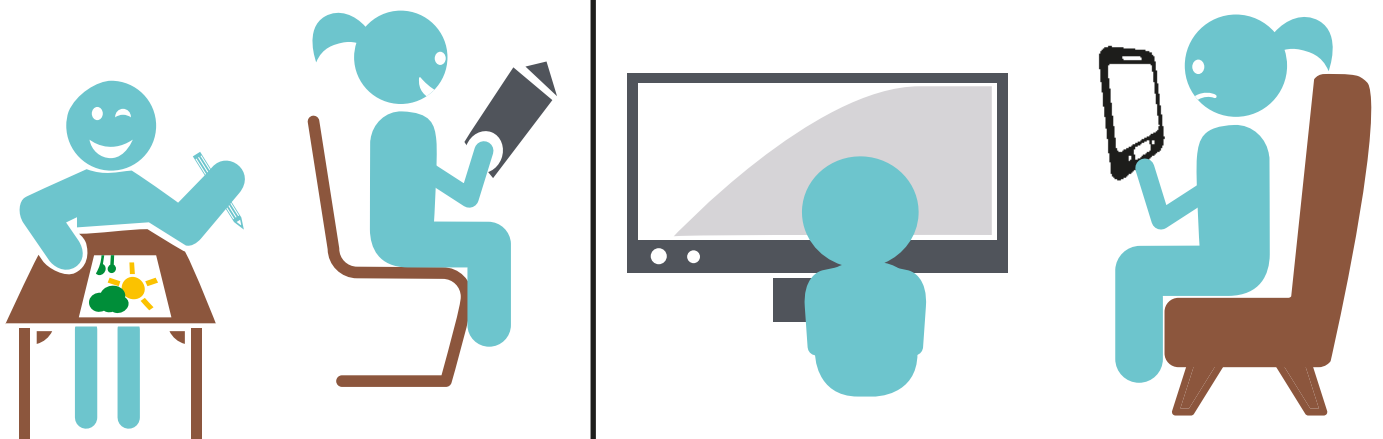
At least **180** MINUTES (3hrs)



SITTING



1 HOURS



Benefits of Physical Activity for Early years

Physical wellbeing

- Improved motor skills
- Cardiovascular health
- Healthy bone and muscular development
- Promoting of and maintenance of healthy weight
- Improved sleep

Psychological well-being

- Improved cognitive development
- Improved social interaction including problem solving, decision making, compromise and set up of and following rules
- Build self-confidence and self-control
- Build attention span