

Top tips for getting under-fives active

Children under five should be active for at least 180 minutes spread throughout the day. Childcare settings and schools are ideally placed to encourage children to be active.

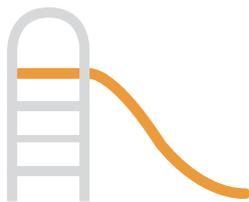
Getting children active...

In your early years settings there are many things you can do to incorporate physical activity throughout the day to get your tots more active. Here are some ideas that you can try in your setting. It may not be realistic to implement every single idea, or you may already be doing some of them. Try to achieve as many as possible to make your setting activity friendly.

Play outside

Children love playing outside and we know they're twice as active when they're outside. You can:

- encourage parents to send their children ready to play outside in all weathers. This could mean a warm coat, hats, scarves and gloves for the cold, a raincoat and wellies for the rain, sun cream and a sunhat for the summer
- prepare an 'all weather box' with spare items of clothing collected from charity shops or donations from parents
- make sure that you have all weather clothing to join in with outside play.





Encourage active play

Children enjoy active play and it's a great way to tot up 180 minutes of activity. Encourage active play in your setting by:

- providing free space for children to run around and play spontaneously. If you have limited space, rearrange the environment to create open space
- giving children small, portable toys and equipment to play with as this encourages them to move, eg, balls, push or pull toys, tricycles, building blocks
- incorporating shorter (10-15 minutes), more frequent, outdoor breaks as opposed to increasing the length of time of a single play session
- getting children involved in everyday tasks, eg, tidying up toys, preparing for meal times, helping to set up outside activities or gardening.

Be a role model

a good role model. You can:

- show children that activities are fun to join in with
- lead structured activities which encourage children to learn new movements, eg, throwing and catching balls
- be a part of children's play
- incorporate movement into other learning activities, eg, music and movement, action rhymes, songs, organised games or guided discovery sessions.



Get parents involved

their child's behaviour at home. Children who have active parents and receive encouragement from their parents tend to be more active. Try:

- involving the children in making a 'take home bag' of activity friendly equipment to play with at home, eg, lengths of material of different textures, small balls of different sizes
- inviting parents to play sessions at your setting
- making activity cards for parents with physical activity ideas for the home environment
- providing information to parents or carers on the importance of physical activity

