Physical activity for early years



Maintains health and weight

Improves sleep

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Contributes to brain development and learning



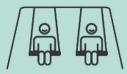
Develops muscle and bones



Encourages movement and co-ordination

Builds relationships and social skills

Active children are healthy, happy school-ready and sleep better



Playground



Jump



Throw & Catch



Games



Skip

Play





Climb



Object Play



Swim



Bike



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Dance



Walk

Move More. Sit less. Play together.