## **Physical activity for early years**



Maintains health and weight

Improves sleep

**ZZZ7Z**ZZ<sup>ZZ</sup>Z

Contributes to brain development and learning



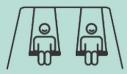
Develops muscle and bones



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.