

Getting Ready to Learn

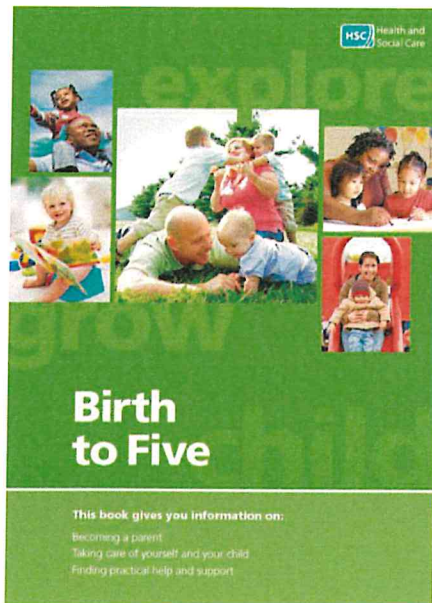


Strathfoyle Nursery School
Happy Healthy Kids



Aims:

- To explore the benefits of exercise for pre-school children
- To share how experiences in pre-school support physical development
- To support parents to increase children's physical activity and to reduce screen time at home



Children love using their bodies to walk, run, jump, crawl and climb.

The more opportunities you give them to burn off some energy, the happier they will be.

*Adapted from **Birth to Five** Health and Social Care page 75*

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Why is physical activity so important?

- Helps children sleep better
- Improves muscle and bone development
- Encourages the development of movement and coordination
- Maintains health and weight
- Lays down habits that will help children grow into fit, healthy adults

*Adapted from **Birth to Five** (Health and Social Care, page 75)*



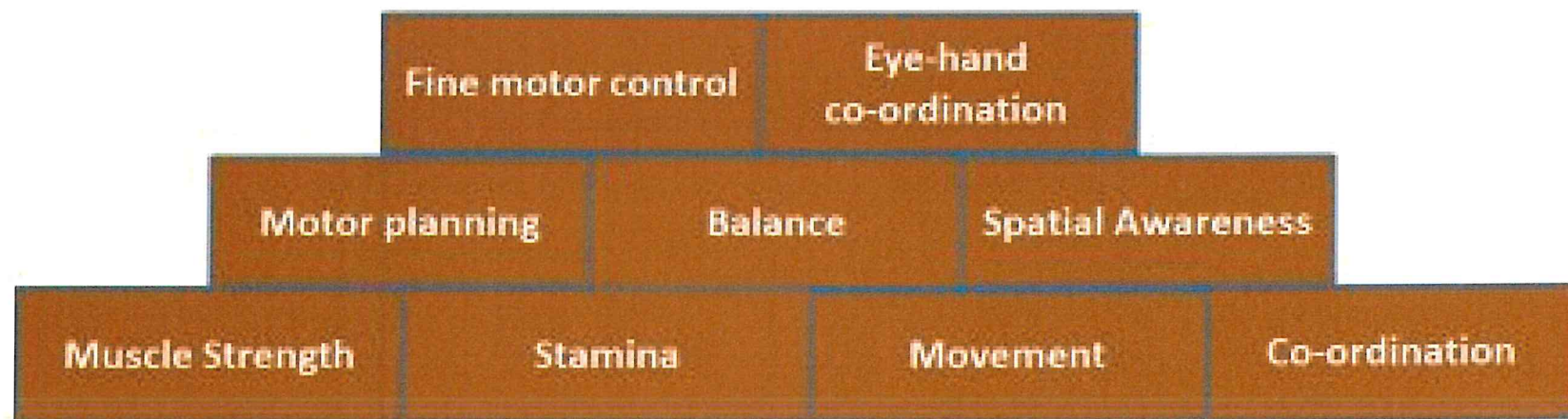
Physical Activity:

- Enables the child to explore and manipulate the environment
- Establishes and develops social–personal skills
- Provides an outlet for creativity
- Is an avenue for fun and personal satisfaction

Sellers 1996



Pre-requisite skills for physical development



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Children under 5 need at least 180 minutes (3 hours)
physical activity each day.

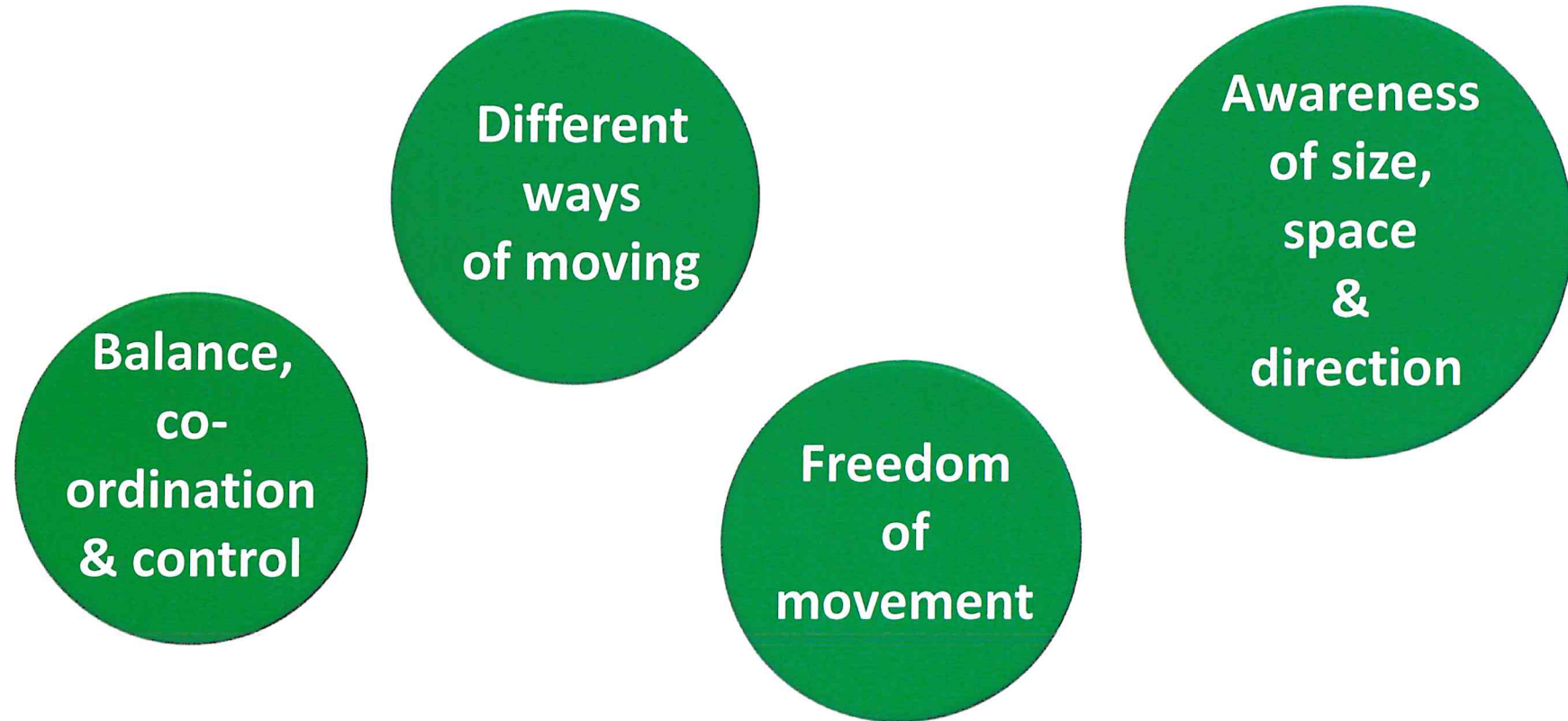
Help parents think of physical activities for indoors too!



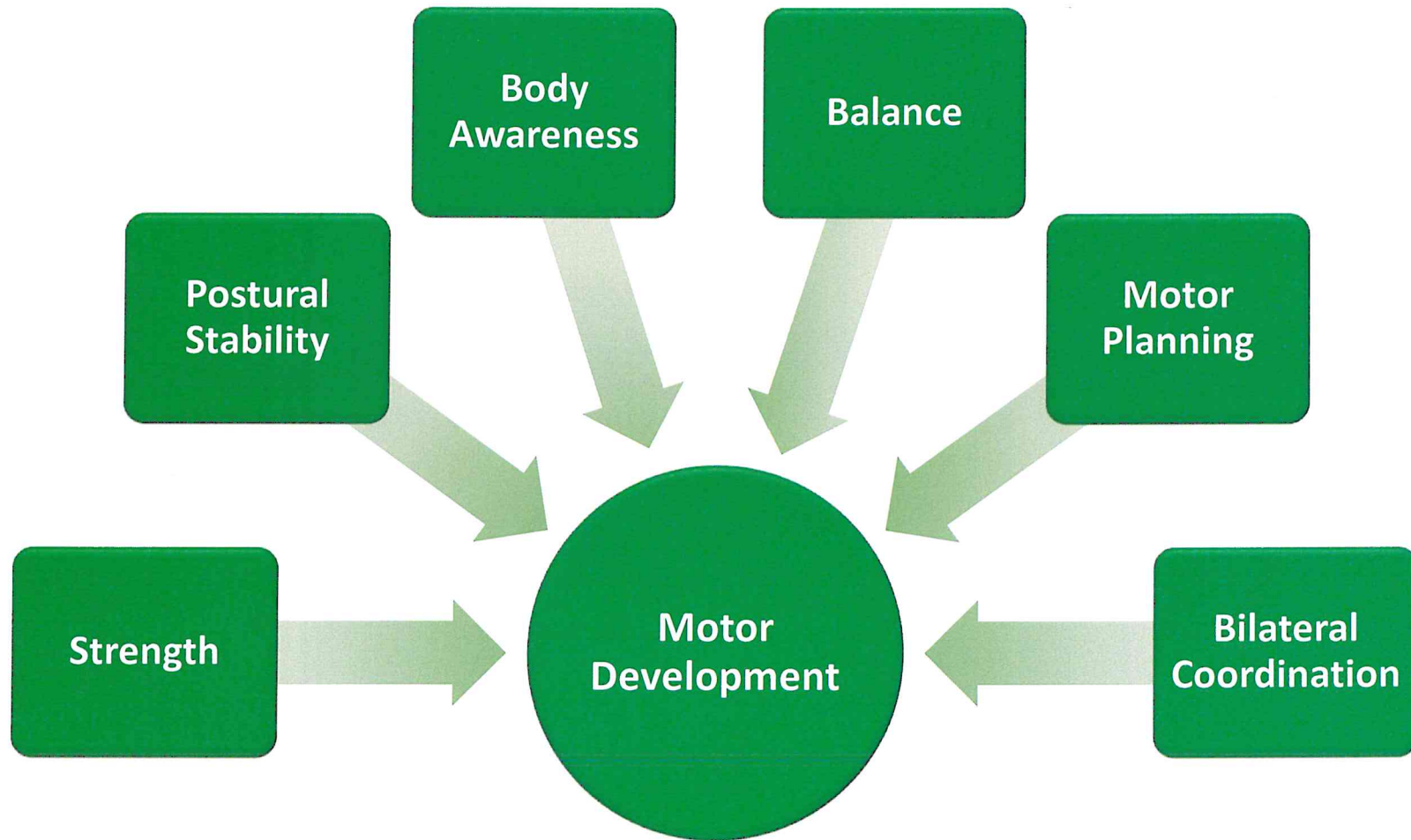
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Physical Development and Movement



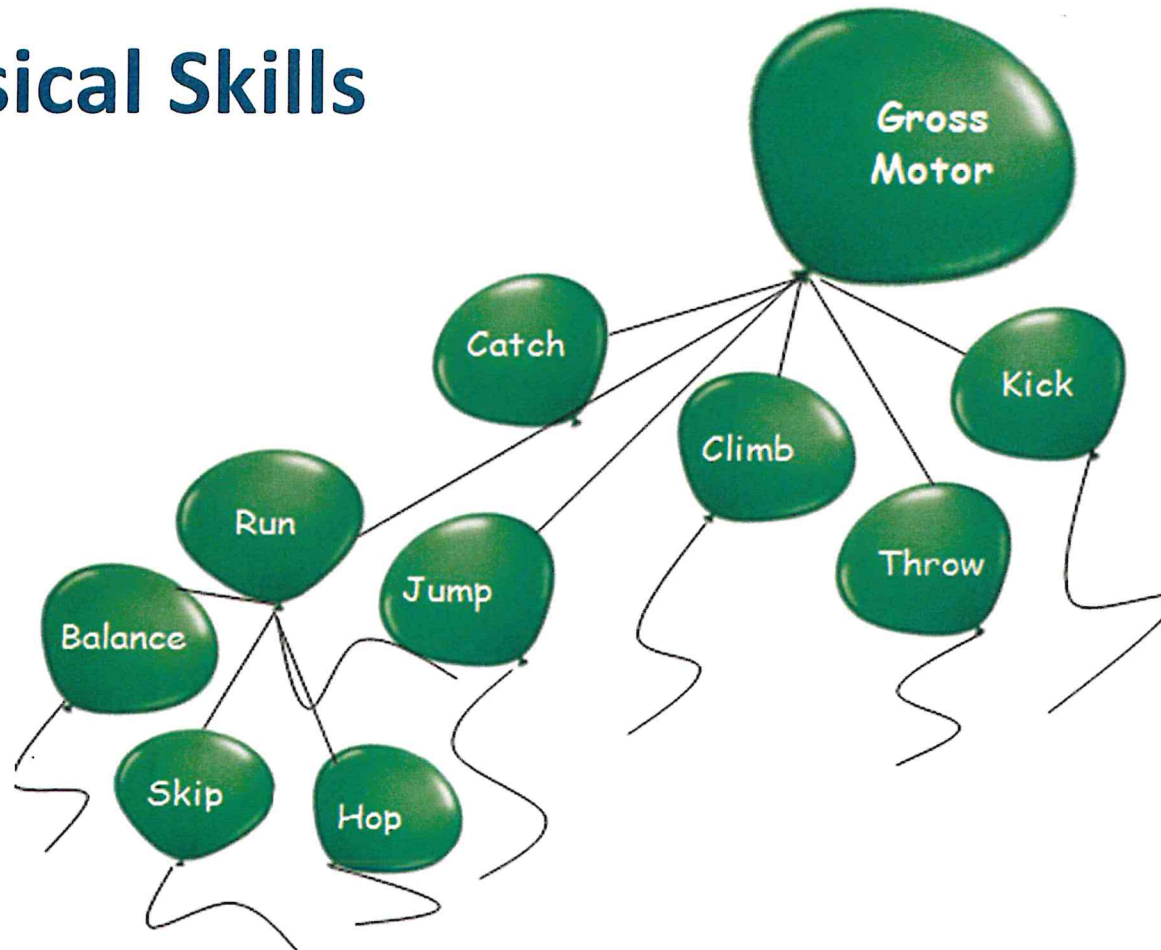
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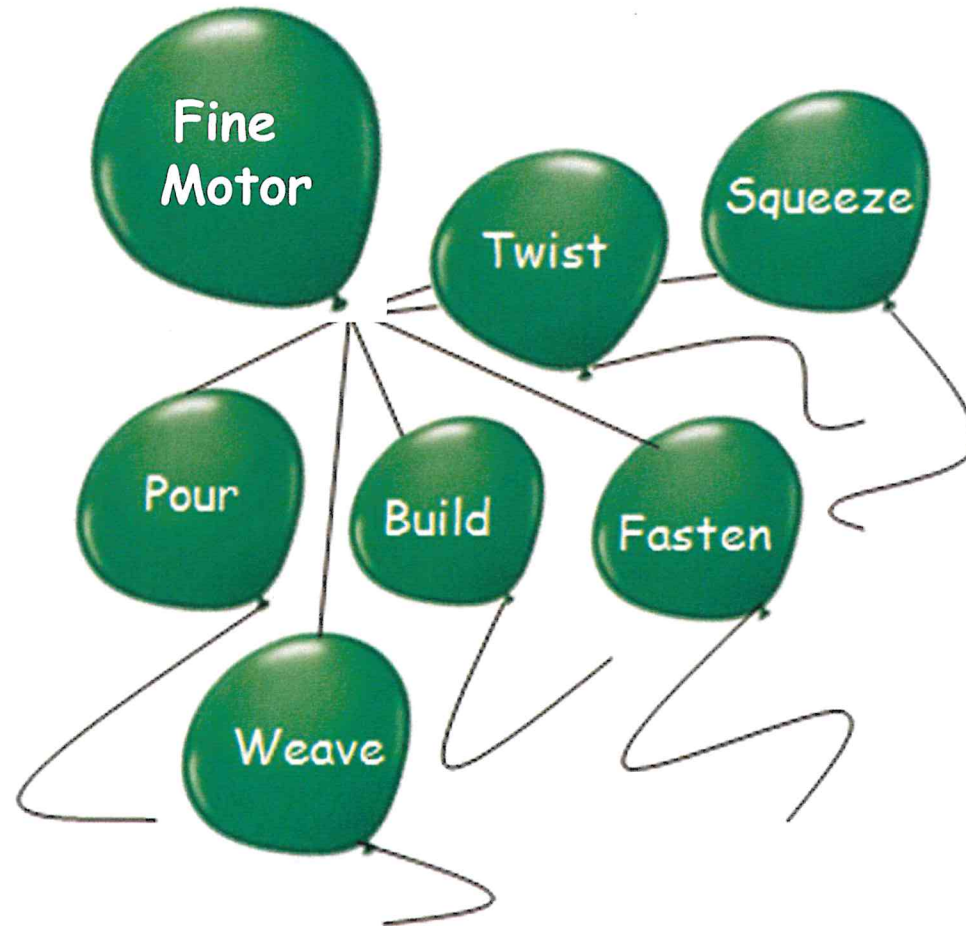
Physical Skills





Physical Skills

- Grasp
- Control
- Hand Dominance





Learning Experiences

Insert photos of both indoor
and outdoor activities

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Ideas for Home Learning

Workshop

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Physical Development and Movement

Physical play and activity in the early years lays the foundation for physical literacy, fitness, and strength. The skills that children practice during physical play will help them when learning new skills.....including how to use a pencil.

Daily exercise will help children to be healthy,
in both body and mind.

With support, children can learn how to manage risks and can develop self confidence through movement.

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Under fives are too young to be allowed to play in the street. Find a safe place for them to play outside, such as a playground, park or garden.

*Adapted from **Birth to Five** Health and Social Care page 89*

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