

## Early Years Resources!

Children are born ready and eager to learn. Physical development is one of the key areas of the early year's foundation stage and is used to develop a child's movement, handling of objects, understanding of their own body and health and levels of self-care.

The recommended amount of physical activity for children under 5 is **180 minutes** a day and should include opportunities for children to participate in active play, learn movements skills so they can master ways of controlling their bodies and coordinating their movements.

For more information on physical activity and the benefits for children Under 5 click here;

[Physical activity and Movement Guidelines](#)

Lancashire's 5 fundamental movement skills for Under 5's!

Fundamental movement skills are the building blocks for movement that help prepare children for a participation in a wide range of school physical activities, PE and sport. Children should be given regular opportunity to play and practice these skills:

Skill & Learn Resource	Video Demonstration
<a href="#"><u>Jumping</u></a>	<a href="#"><u>Jumping Video</u></a>
<a href="#"><u>Throwing</u></a>	<a href="#"><u>Throwing Video</u></a>
<a href="#"><u>Hopping</u></a>	<a href="#"><u>Hopping Video</u></a>
<a href="#"><u>Running</u></a>	<a href="#"><u>Running Video</u></a>
<a href="#"><u>Catching</u></a>	<a href="#"><u>Catching Video</u></a>

### **Online Resources to support your child to be active through play!**

- [Busy Feet at Home:](#) Simple skill development e.g. throwing and catching, and movement skills
- [Health Matters](#) (Live session Monday, Wednesday, Friday @ 11am)
- [Youth Sport Trust Home learning resources](#) to improve skills and have fun.
- [Hungry Little Minds Activities](#) for children of all ages. Videos, ideas and information 0-5 years.
- [Fine Motor skills](#) (fingers/hands) - Dough Gym
- [Animal Movements](#) - (Balance, Strength, Movement skills)
- [We're Going on a Bear Hunt Active Story](#)
- [Basic movement patterns-](#) Can you copy them at home?
- [Sesame Street Monster Meditation-](#) Mindfulness exercises