

Healthy Movers for EYFS



Healthy Movers is an early year's physical activity resource to develop the whole child. It was devised by the Youth Sport Trust.

Its aim is to help practitioners engage children and families in fun and effective physical activity. It provides weeks of physical activity ideas to support the development of the whole child.

Physical Literacy is defined as:

"The motivation, confidence, physical competence, knowledge and understanding to maintain physical activity throughout the life course."

Margaret Whitehead

June 2011



National studies have shown that through lack of physical activity, 91% of 2-4 year olds are missing opportunities to support brain development, achievement and attainment, develop their social skills and emotional wellbeing, help prevent obesity, enhance bone health and muscle development and continue an active lifestyle into childhood and beyond.

Therefore, the development of fundamental movement skills should not be left to chance. In the same way children learn phonics and maths, they need to learn basic movement.

The **Healthy Movers programme** develops the whole child, unlocking each child's full potential:



Healthy and Happy Me

Including the unique child, confidence, self-esteem, heart health, healthy eating, oral health, how the body works.



Social Me

Including independence, cooperation, positive relationships, turn taking, smiling, speaking and listening, patience.



Physical Me

Locomotion, moving in a variety of ways, levels, speeds, directions, balance and stability, object control, strength, power, gross and fine motor skills.



Creative Me

Role play, imagination, themes, stories, sounds, colours, textures, shapes.



Thinking Me

Planning, decision making, choosing, predicting, vocabulary, perseverance, sequencing, ordering, patterns and resilience.



This is something children participate with when they are in Mercury Class.