



Shaping Tomorrow: The Impact of Early Years on Future Generations

Welcome!



We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others - together we want to create a safe, open and reflective space to learn.

You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.

The link to the feedback form will be put in the chat.

Please do take the time to complete it after the session.

Thank you!



Today's discussion



- **Partnership Purpose:** Why we joined forces.
- **Goals:** Objectives of the Active Futures training.
- **Early Years Physical Activity:** Who else is involved?
- **Reflection:** Changes in training landscape.

How many minutes of physical activity should a child between 1-5 years old aim for?

- A) 60 minutes per day
- B) 90 minutes per day
- C) 180 minutes per day**
- D) 210 minutes per day

Physical activity for early years (birth – 5 years)

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



BUILDS
RELATIONSHIPS
& SOCIAL SKILLS



MAINTAINS
HEALTH &
WEIGHT



CONTRIBUTES TO
BRAIN DEVELOPMENT
& LEARNING



IMPROVES
SLEEP



DEVELOPS
MUSCLES
& BONES



ENCOURAGES
MOVEMENT
& CO-ORDINATION

Every movement counts

Aim for at least
180
Minutes
per day
for children 1-5 years



PLAYGROUND



JUMP



CLIMB



MESSY PLAY



THROW/CATCH



SKIP

Under-1s

at least
30 minutes
across the day



OBJECT PLAY



DANCE



GAME



PLAY



TUMMY TIME



SWIM



WALK



SCOOT



BIKE

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about



Equality



Inclusivity



Finding what's
fun



Exploring what activities
make you
feel good

Benefits of physical activity



How much physical activity should I do?

When starting
build up slowly
Ask: Can you do this today?

Do bitesize chunks
of physical activity
throughout the day



Do challenging
but manageable
strength and balance
activities 3 times per week

Small amounts
of physical activity
are good for you as well

UK Chief Medical Officers' Physical Activity Guidelines for Disabled Children and Disabled Young People 2022.
This infographic was co-produced with disabled children, disabled young people, parents and carers.

How many minutes of physical activity should a child with a disability aim for?

A) 15 minutes per day

B) 20 minutes per day

C) 30 minutes per day

D) 40 minutes per day

How many minutes of activity should an adult aim for per week?

A) At least 150 minutes moderate intensity or 75 minutes of vigorous intensity

B) 75 minutes of moderate intensity or 150 minutes of vigorous intensity

C) 100 minutes of moderate intensity or 50 minutes of vigorous intensity

D) 90 minutes of moderate intensity or 30 minutes of vigorous intensity

Physical activity for adults and older adults

Benefits health

Improves sleep

Maintains healthy weight

Manages stress

Improves quality of life

Reduces your chance of

Type II Diabetes -40%

Cardiovascular disease -35%

Falls, depression etc. -30%

Joint and back pain -25%

Cancers (colon and breast) -20%

Some is good, more is better

Make a start today: it's never too late

Every minute counts

Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

or a combination of both

Build strength
to keep muscles, bones and joints strong

on at least **2** days a week

Gym

Yoga

Carry heavy bags

Swim

Brisk walk

Cycle

Run

Stairs

Sport

Bowls

Tai Chi

Minimise sedentary time

Break up periods of inactivity

Dance

Improve balance

For older adults, to reduce the chance of frailty and falls

2 days a week



Wider work within the Early Years attributed to physical activity

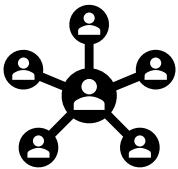
Why we work in collaboration?



Address systemic physical activity inequalities in the early years



Evident impact from 2017



Networking opportunities



What we set out to achieve with the Active Futures training programme.

- Flexible engagement
- Sustainable resources – ‘positivity thinking’
- Active futures- How it empowers the Norfolk Early Years workforce to confidently integrate physical activity messages into their practice and the impact this has for children and their families
- Exploring the benefits early years educators gain from the programme and share some key insights.



Reflections

- What key messages will you share with your team?
- How can you make a difference within your workforce?

****Takeaway activity**



Please let us know what you think



<https://forms.office.com/e/PqVNki3HUA>



Contact

If you have any further questions about Active Futures, please contact:

rebecca.elliott@activenorfolk.org

julia.jacka@norfolk.gov.uk

gemma.lane@norfolk.gov.uk



Resources

- [Early years child development training : Supporting physical development in the early years](#)
- [Help for early years providers : Physical development](#)
- Goddard-Blythe (2023) Reflexes, movement, learning & behaviour – *Hawthorn Press*
- [Brain-Building Through Play: Activities for Infants, Toddlers, and Children - Center on the Developing Child at Harvard University](#)