

Being Active

Being active every day is important for the healthy growth and development of all children. They should not be inactive for long periods of time (except when they are sleeping).

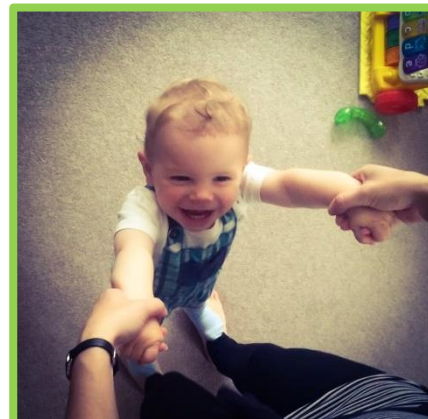
How much Physical Activity should your Toddler be doing?

Toddlers who can walk on their own should take part in at least 180 minutes of physical activity each day - this should be spread throughout the day indoors and outdoors.

The physical activity can be 'Light Activity' or more 'Active Play':

Light Activity	Active Play
<ul style="list-style-type: none"> • Standing up • Moving around • Rolling • Less energetic play 	<ul style="list-style-type: none"> • Climbing frame • Riding a bike • Dancing • Ball games • Chasing/running • Swimming • Jumping

Energetic activity (Active Play) will make your child 'huff and puff!'



What can you do to get your Toddler active?

- Let your Toddler walk with you rather than always using the buggy - it is likely they will want to push their buggy along!
- Take your Toddler to the park
- Involve your Toddler in helping you - tasks such as tidying up, sorting the washing or helping to unpack the shopping are all great ways
- Sing action songs with Toddler than get them moving - Head, Shoulders, Knees and Toes; Hokey Cokey, Grand Old Duke of York
- Toys your Toddler can pick up and move around will help improve co-ordination and develop arm and hand muscles



Outdoor Learning

Children are naturally drawn to active outdoor play as it allows them to indulge their natural curiosity, discover and explore their environment, develop their muscle strength and coordination, and gain self-confidence. Playing actively outdoors also increases your child's flexibility, their fine and gross motor skills and is related to the development of a wide variety of physical skills, including those involved in sport.

From riding a bike to blowing a dandelion, jumping in puddles to exploring mini beasts, climbing a tree to throwing autumnal leaves on a walk or kicking a ball to planting flowers or vegetables; take your child outside and build memories that will last a lifetime.

Ideas for Outdoor Learning



Be active with your Toddler as this will show them that being active and being outdoors is fun! More importantly it is a wonderful way to spend quality time together and you will be developing a healthy, happy, sociable, confident, self-directed and creative learner.