

Let's Keep Moving!

We learn more physical skills in our first five years than at any other time in our lives, therefore it's important that young children have lots of time to practice and develop skills



Public Health England recommend children of pre-school age who are able to walk should be physically active for at least 180 minutes (3 hours), spread throughout the day

Help children reach this goal by spending less time watching TV, using the computer or iPad and more time physically moving

