

# “Physical development: every movement counts”

(What to expect in the Early Years Foundation Stage: a guide for parents)

- It is important for your child to be physically active and to eat well. Children learn through their bodies. Every time they move, their brains build connections.
  - Young children need lots of physical activity to develop their balance, posture and coordination. These are the foundations that will help your child to be physically ready to sit still and concentrate.
  - Physical activity encourages the development of hand eye coordination for reading and writing.
  - When your child is active, they are learning about their bodies and what they can do. They are also learning about social rules and managing their feelings.
- Physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in safe environments.
  - Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day.
  - All under fives minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).

For more info on this and all areas of your child's learning take a look at ...”

What to expect in the Early Years Foundation Stage” on our website

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