



YST HEALTHY MOVERS

Helping children with their wellbeing and development

The Healthy Movers range has been designed to support the development of physical literacy in children aged 2-5. It consists of physical resources and training to develop the knowledge, skills and confidence young children need to develop physically, socially and emotionally.

Healthy Movers Toolkit

Ready-made for any practitioner working in an Early Years Setting and complements the Early Years Foundation Stage Framework. Includes:

- Practitioner handbook, handy hints and tips to maximise delivery
- 16 resource activity cards and reward stickers
- EYFS wall hanger for your setting
- Music CD to accompany activities.

Practitioner e-learning

Modules include:

- Healthy eating and active lifestyles for pre-school children and their families
- Physical development in the early years
- Level 3 accredited qualification for physical development in the early years
- Delivered through face to face and e-learning.

Face to face training

One-day practical course designed to help practitioners deliver fun and meaningful physical activity.

Healthy Movers at home pack for parents:

Resources to help develop balance, movement and object control. Includes:

- Children's back pack
- Parent resource cards
- Bean bag
- Soft touch ball
- Water bottle
- Sticker pack.

"Using Healthy Movers has helped the children to be more engaged when doing a focused activity and their communication skills are being developed through the dance and physical activities."

Karen Ramsay, Playgroup Manager at Footsteps Pre-school

Find out more

www.youthsporttrust.org/healthymovers

YST HEALTHY MOVERS

CASE STUDY Footsteps Pre-School

Location: Manchester | Roll: 35 children aged between two and four and a half



Karen Ramsay is a Playgroup Manager at Footsteps Pre-school in Manchester. There are 35 children aged between two and four and a half years old, made up of 14 boys and 21 girls. They are supported by eight members of staff. Here, Karen talks about how Healthy Movers has been used at Footsteps since March 2018.

We firmly believe that healthy eating and exercise should be part of every child's wellbeing. For some of our children, access to physical activity and play outside of pre-school is quite limited, so we wanted to ensure the children are learning the key skills that can be developed through physical literacy during the day. There has always been a need to ensure children are physically literate and school ready, so as a pre-school we wanted to ensure we could provide this in a way the children would enjoy but we needed new ideas to make this possible.

Two members of our staff attended Healthy Movers training and, following this, we bought the associated new practitioner resources. The activities were incorporated into the children's daytime routine at least once per week. They were used to demonstrate awareness of what the body can do; one of the ways this is achieved is by encouraging the children to feel their heartbeat during exercise and when resting.

To get parents involved and ensure the best possible outcome for the children, we also wrote to them to find out how many would support the use of Healthy Movers, using the Healthy Movers at Home Parent Resource. Over a third were keen to use the resources.

The parents were also invited to observe and interact with the children who were taking part at school. This was to help demonstrate how using Healthy Movers at Home would embed the learnings and encourage activity outside of the pre-school setting.

Using Healthy Movers has also helped the children to be more engaged when doing a focused activity and their communication skills are being developed through the dance and physical activities. They are learning new language and interacting with their peers on a greater level. It is also testing their critical thinking skills as they find ways to use the resources to best suit their activity or when they are met with challenges in their wider day-to-day activities. Some of the children have been observed taking on a role in their play and leading the dance or movement to music sessions themselves.

The pre-school has recently had early years support visits from an advisory teacher, and it was noted through peer observations on the staff that we have become more confident when delivering new activities and have very natural interactions with the children. There has also been a rise in parental engagement as they log their child's activities on the pre-school online portal to show what they have been doing and how active they are outside of pre-school.