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Healthy Movers

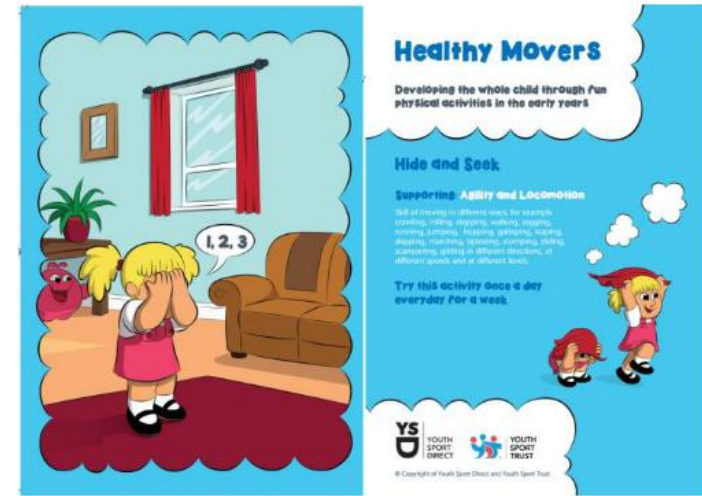
Developing physical literacy in children aged 2-5 and improving their school readiness and social mobility.

Healthy Movers Training

1. Physical Literacy Training
2. Stay and Play Training
3. Networking Sessions for practitioners



Healthy Movers Toolkit



Healthy Movers Home Pack

Healthy Movers at home



Getting your children moving more and making activities fun will give your child a great start in life and get them ready for school.

These cards are to support you in playing with your child and becoming more physically active together at home.

Why is this important?

- Movement helps children develop a lifelong interest in physical activity.
- It lets them find out about all the different things they can do with their body.
- It keeps them physically and mentally healthy, and makes them smile.
- It gives them confidence and helps them feel good about themselves.
- It helps develop their muscles and bones and gives them more brain power.
- It helps build relationships with others, through playing with you and other children.
- It allows them to learn about risk taking.



Why now?

- Children today are far less active than their parents and grandparents were and the health risks of being inactive are growing.
- Being inactive and sitting too long starts the build-up of bad fats in the body which can cause serious health issues in later life.
- The increase in the use of technology means that children spend more time sitting looking at a screen which can stop them making friends and feeling good about themselves.
- It is proven that healthy minds come from the experiences children have. Activity creates more connections within the brain.

More activity = More brainpower



<https://www.youthsporttrust.org/healthy-movers-programme>