

# YST HEALTHY MOVERS

## HEALTHY MOVERS EARLY YEARS PHYSICAL LITERACY PROJECT

An offer to Early Years Providers in Lowestoft (Harbour and Kirkley/Pakefield) and Brandon



Physical activity is fundamental in the early years of a child's life. It helps children to acquire a range of new skills such as language and numeracy, develop their brains and establish the building blocks for an active and healthy life.

Funding has been secured from Suffolk County Council Public Health and Lowestoft Community Partnership to commission the Youth Sport Trust<sup>1</sup> to deliver an 'Early years physical literacy and social mobility project' in Early Years settings in Harbour and Kirkley/Pakefield wards and in Brandon. Training will start in January 2021 with the project complete by the end of the summer term.

The purpose of the project is to ensure that every child in the area gets the opportunity to achieve a good level of physical development linked to their language and literacy skills. In doing so, it will increase the children's self-esteem and wellbeing, develop agility, balance and co-ordination which all help children gain a better start to their life.

The programme is being delivered in the following ways:

- The Youth Sport Trust will develop, mentor and support practitioners in each Early Years settings to up-skill them to deliver the Youth Sport Trust Healthy Movers programme.
- This sustainable delivery model enables these identified practitioners, called Healthy Movers Champions, to develop their key skills, competence and confidence in delivering physical development.

- It will provide them with a Level 3 accredited qualification for physical development in the early years which enables them to cascade their learning to colleagues.
- This approach is supported through a suite of Healthy Movers resources, including a Healthy Movers Toolkit for every setting, enabling practitioners to take an holistic approach to child development, physical themes and developing literacy and language.
- The Youth Sport Trust will also assist each setting in developing and delivering Stay and Play clubs for the children and their parents/carers to play and be active together.
- Every child will receive a Healthy Movers Home Pack that will allow families to continue to promote physical activity in their homes.



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### What commitment is required from each setting?

To be part of the project, settings are required to commit to the following between January 2021 and the end of the summer term:

- Identifying two members of staff to become Healthy Movers Champions.
- Healthy Movers Champions to attend a one-day Healthy Movers course<sup>2</sup>.
- Healthy Movers Champions to attend four half-day interactive workshops to share good practice, discuss any challenges/barriers and identify potential solutions.
- Healthy Movers Champions to attend a one-day Stay n Play training session.
- Cascading learning from the Champions to colleagues

- Undertake assessments of the children's physical literacy at the start and end of the project using an assessment tool provided by the Youth Sport Trust to analyse progress against Early Years goals.

### In summary

Each Early Years setting will receive a bespoke package of support and resources from the Youth Sport Trust, **free of charge**. This is so much more than a physical learning tool. It will make a difference to the health and wellbeing of the children too by developing the knowledge, skills and confidence young children need to develop physically, socially and emotionally.

### For further information and to register your interest contact:

Adam Baker  
Strategic Lead for Physical Activity  
Public Health Suffolk  
Suffolk County Council  
E: [adam.baker@suffolk.gov.uk](mailto:adam.baker@suffolk.gov.uk)  
T: 01473 260821  
M: 07894 598296

<sup>1</sup> A national children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport.

<sup>2</sup> Format of training will be determined nearer the time based on circumstances but may be virtual, face to face or a mix of both.