



All about... **Being active**



Did you know that...

Pre-schoolers should spend at least 180 minutes (3 hours) a day doing a variety of physical activities spread throughout the day, including active and outdoor play. The more, the better.

The 180 minutes should include at least 60 minutes of moderate-to-vigorous intensity physical activity

Children under five should not be inactive for long periods, except when they're asleep. Watching TV, travelling by car, bus or train, or being strapped into a buggy for long periods are not good for a child's health and development. There's growing evidence that such behaviour can increase their risk of poor health.

(extract from NHS Health Scotland web).

Did you know?

Things to do when out and about...

- Ride a bike
- Scooting
- Skipping
- Running



There are many more active ways to go on your daily exercises or on your trip to the shop....

Things to do at home...

- Home video workouts - Have fun getting active and exercising every day at home. Simple and quick moves for pre-schoolers to help build their muscles, strengthen their bones and improve flexibility. Why not try this 5 minute move....

<https://youtu.be/d3LPrhI0v-w>



- Hide-and-seek - this timeless game helps pre-schoolers build stamina and aids muscle development. The challenge of getting into the perfect hiding place will help improve their balance, agility, and coordination!

I wonder where your child could squeeze...



- Indoor obstacle course -building an obstacle course can provide endless hours of fun as well as provide challenges and gain transferable skills. Make the obstacle course simple at first and change the stations as they're mastered. If you like, time the child/children to see who can complete the course fastest. Just beware, it can quickly turn competitive. There are some great ideas on www.parents.com