



**YOUTH
SPORT
TRUST**

**HEALTHY
MOVERS**



Get involved in an exciting, fun and free project

Healthy Movers helps children get a better start in life by developing their physical literacy, communication skills, wellbeing and school readiness.

It's suitable for all practitioners in early years settings, school-based nurseries and childminders. It provides resources and training and even helps families to continue the fun activities at home.

Benefits for children include:

- ✓ Increased physical activity
- ✓ Better confidence, creativity and social skills
- ✓ Improved physical skills like co-ordination, balance and spatial awareness
- ✓ Increased concentration, listening and communication skills

Benefits for practitioners include:

- ✓ improved confidence in planning and delivery
- ✓ Better understanding of the progression of fundamental movement skills
- ✓ Increased knowledge of how physical literacy supports development across EYFS
- ✓ More methods to positively engage parents and carers



Here's what practitioners have said about Healthy Movers

"I see progress every single day, we link Healthy Movers to all of our routines and transitions, the children now help each other, it is lovely seeing the children be so kind to each other."



"The children are already starting to use new language, our SEND children are more focused on Healthy Movers than any other activity. It is perfect for everyone, fully inclusive."



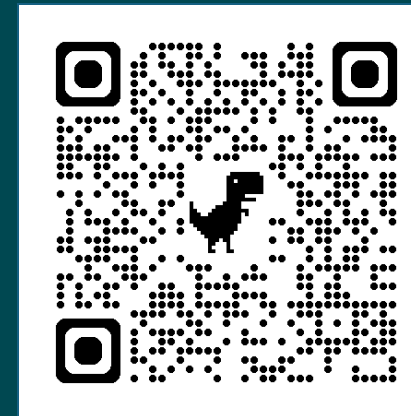
"The reason we love Healthy Movers so much is because it is FUN and it's focused play."

What's involved?

- **One day training session** – this practical course helps practitioners deliver fun and meaningful physical activity and understand the progression of fundamental movement skills.
- **A half day follow-up training session** – a 2 hour session devoted to methods to engage families
- You'll receive a **Healthy Movers Toolkit** and **Homepack** to take back your setting as well as a **certificate** for you and your setting.
- We will ask you to complete a **survey** about your progress with Healthy Movers, about 6 months after the initial training

Get involved

If you are a Preschool, Nursery, Childminder or a Children's Centre and want to be involved in this Healthy Movers Project please complete the [registration link](#) via this QR code



For more information

Visit our website by [clicking here](#)
For any other questions, please contact healthymovers@youthsporttrust.org

