

Beckton & Royal Docks Children's Centre Tip Sheet Physical Activity-Let's Get Moving!

We all know that physical activity is important for maintaining a healthy weight but being active has lots of other benefits too! It can help strengthen muscles and bones, develop movement and co-ordination and improve learning and social skills. Everyday children under 5 need to be active for at least 3 hours spread across the day. Why not try out this fun activity and then let us know how you get on, email:

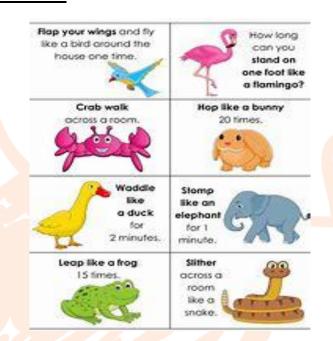
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Animal Antics

Move around the room making animal sounds and movements.

Waddle like a penguin, jump like kangaroo or hop like a frog!

What other animals can you think of?



Follow these links to find more fun ways to keep active!

https://www.bbc.co.uk/cbeebies/curations/get-active

https://www.youtube.com/channel/UC4u3fUr5gb7MrMLzj6jJ2UA

https://ukactivekids.com/movecrew/







