**Physical Development**

**Film clips**

[The power of physical play](https://www.communityplaythings.co.uk/learning-library/videos/the-power-of-physical-play)

[How to make perfect chocolate](https://www.communityplaythings.co.uk/learning-library/videos/chocolate-machine)

**Supporting information**

[[Infographic](https://www.gov.uk/government/publications/physical-activity-guidelines-infographics)](https://www.gov.uk/government/publications/physical-activity-guidelines-infographics)

[[British Heart Foundation Early Movers](https://czone.eastsussex.gov.uk/early-years/info-for-preschools/bhf-early-movers/)](https://czone.eastsussex.gov.uk/early-years/info-for-preschools/bhf-early-movers/)

[[Early movers activity ideas](https://www.earlymovers.org.uk/)](https://www.earlymovers.org.uk/)

[[Boing Whoosh and Rolypoly play](https://early-education.org.uk/what-to-do)](https://early-education.org.uk/what-to-do)

[[NHS advice for parents-baby and toddlers](https://www.nhs.uk/conditions/pregnancy-and-baby/keeping-kids-active/)](https://www.nhs.uk/conditions/pregnancy-and-baby/keeping-kids-active/)

[[Parent leaflets](https://www.greatersport.co.uk/news/new-at-home-guidance-created-to-support-parents-and-carers-to-get-their-little-ones-moving)](https://www.greatersport.co.uk/news/new-at-home-guidance-created-to-support-parents-and-carers-to-get-their-little-ones-moving)