

Early Years Physical Activity Training

Solihull Active would like to support Early Years Providers in Solihull to better understand physical activity in young children

We have partnered with National Charity, [Youth Sport Trust](#) to offer their [Healthy Movers course](#). The course is based on their [Early Years Physical Literacy Framework](#).

Healthy Movers

Healthy Movers aims to develop children's physical literacy in the early years, support their social and emotional development and create healthy, active learners.



Healthy Movers approach has been effective at increasing children's physical, emotional and social development as a foundation for improving language, communication and literacy.

For more information about the course and to watch the video please visit: <https://www.youthsporttrust.org/programmes/healthy-movers>

To register your interest, please complete the following, or scan the QR code:

<https://forms.office.com/e/ZsqL6sFHTe>



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