

Free Early Years Physical Activity Training

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

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

"course was well delivered, learnt a lot throughout the day helpful in new ideas to incorporate in early years"

"Very informative and useful tools"

"Great training day"

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.



Date: Wednesday 12th June 2024

Where: Elmwood Family Hub, Elmwood Place, 37 Burtons Way, Smith's Wood, B36 0UG

Time 9.30am to 3pm

Cost: free for Solihull Providers

For more information about the course and to watch the video please visit:

<https://www.youthsporttrust.org/programmes/healthy-movers>

To register for the course, please complete the link below:

<https://forms.office.com/e/QvxCcAqf8S>





**YOUTH
SPORT
TRUST**

**HEALTHY
MOVERS**



As I watch the children I am constantly reminded that Healthy Movers is not just about the Physical, it really improved the children's communication and speaking as they talk about the card, story and the activities

Healthy Movers Training and Resources

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

Healthy Movers is delivered through resources and training for practitioners in early years and school settings and families to continue the activities at home. The approach has been effective at increasing children's physical, emotional and social development as a foundation for improving language, communication and literacy.

The programme helps and supports practitioners in recognising the progress the children can make in their physical development as well as their confidence and motivation so supporting the characteristics of effective learning.



Healthy Movers Toolkit

This complements the Early Years Foundation Stage Framework and includes printed bag, handbook, 16 activity cards, 1 poster, 1 certificate, 30 sticker sheets and 1 USB with music to accompany activities

The Benefits:

Healthy Movers has been developed by national children's charity Youth Sport Trust, a huge number of benefits have been reporting by settings involved in the programme:

For children:

- Improved physical activity levels
- Improved communication and language
- Improved literacy and mathematics
- Improved relationships
- Enhanced school readiness



For Parents/Families

- Increased physical activity as a family
- More ideas to help children be active
- Better understanding of the benefits of being active



For Practitioners and settings

- Improved confidence and competence
- Improved delivery of physical activity



How to access Healthy Movers

To attend a full day's training and to receive the Healthy Movers toolkit resource, please contact your Youth Sport Trust Regional Development Manager.

Further information

<https://www.youthsporttrust.org/programmes/healthy-movers>