

# Healthy Movers OBA

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Health and Wellbeing Team

Early childhood is a period of rapid physical and cognitive development and a time during which a child's habits are formed and family lifestyle habits are open to changes and adaptations. Children under five should spend at least 180 minutes (3 hours) a day doing a variety of physical activity a day spread throughout the day, including active and outdoor play. However most UK pre-school children currently only spend 120–150 minutes a day in physical activity.

Benefits of being active for at least 180 minutes each day include:

- Improving cardiovascular health
- Contributing to a healthy weight
- Improving bone health
- Supporting learning of social skills
- Developing movement and co-ordination

# Background

Northern Area Children and Young People's Strategic Partnership (CYPSP) Locality Planning Groups (LPGs) carried out a needs survey with children/young people and parents (CYP) in 2020. Physical activity was identified as a top need by children/young people (CYP) and parents. Furthermore during Covid many children have missed out on physical activity because of schooling from home, lack of organised sporting activities, leisure facilities being shut and being unable to mix with children from other households.

The partnership of Northern Area CYPSP LPG's, PHA, Youth Sports Trust and the Northern Health and Social Care Trust (NHSCT) Physical Activity Lead offered Healthy Movers packs to organisations to circulate to children aged under five to promote physical activity.

This activity aligned with CYPSP Outcomes, in particular:

- Children and young people are physically and mentally healthy
- Children and young people enjoy play and leisure

It also aligned with the NHSCT PHA funded Physical Activity Budget priorities.

# How much did we do?

We coordinated giving 180 Healthy Movers packs to five organisations covering the five Children and Young People Strategic Partnership Locality Planning Group areas:

- Antrim and Ballymena Surestart
- Gold Surestart (Mid-Ulster)
- Abbey Surestart
- Homestart Carrickfergus
- Causeway Surestarts



# How well did we do it?



“The Healthy movers packs were very well received by families in Home-Start.”

“We were able to set up a mini sports day outside where we practiced our kicking, throwing and balancing skills. XXXXX loved getting his own water bottle too.”

## Is anyone better off?



“A fun way to get the whole family moving and playing together.”

“Thank you for all the fun resources! XXXX loved getting his special bag with exciting new things. We practiced throwing the bean bag and the ball into a box. XXXX also tried to balance the beanbag on her head. She found it very funny.”

“He goes everywhere with his little rucksack on his back now. He just loves it. He loves to get us to join in, playing with him, especially the ball.”



The Healthy movers packs were given to 180 children to help them be more physically active across all the Northern area. We were able to work in collaboration with organisations to reach those children most in need. As well as promoting physical activity to under fives other benefits included fostering relationships with LPG members through partnership work.