

MID SUSSEX ACTIVE

PE CPD for Nursery aged children.

Why is it important?

What does the CMO/ NHS say?

Toddlers (aged 1 to 2) and Pre-schoolers (aged 3 to 4):
They should be physically active every day for at least 180 minutes (3 hours). The more the better. This should include playing outdoors as well as indoors.

What about boys and girls?

Sport, Stereotypes and Stolen Dreams: Why girls still feel they don't belong in sport
Published 6 March 2023, Women is Sport.
They found that there is a skill gap between boys and girls by the age of 5.

What does this mean for Nursery Schools?

Fundamental movement skills are the building blocks. Children who are secure in these can become confident and competent movers. Using these as a basis for play and physical activity allows all children this opportunity.

"Girls deserve a positive start point with sport and physical activity. We want them to develop a real passion for being active so that they can enjoy it throughout their lives."
Sport, Stereotypes and Stolen Dreams: Why girls still feel they don't belong in sport
Published 6 March 2023, Women is Sport.

What did the teachers say?

"Really interesting and valuable information to use everyday"

"What I found most useful was understanding the skills needed and practical examples of activities"

"I found it really interesting the comparison with reception and the breakdown of movements and how we can extend these for children"

For more information: www.midsussexactive.org.uk or email us: info@midsussexactive.org.uk