



# Early Years Get Active Programme 2022

Join the Early Years Active team and be part of this year's exciting programme to champion 180 minutes of physical activity per day for children under 5 yrs.

The Early Years Get Active Champions Programme 2022 aims are to promote Active Lifestyles for infants, young children, their families & the early years workforce who support them.

Objectives of this professional development programme:

- Attend a workshop that will support your Physical development knowledge for under 5yrs. This workshop contains the following:-
  - > Complete an audit of your setting's active engagements, providing a base line for your action planning
  - >Access the Early Movers online PD (Loughborough university)
  - >Receive practical support to rehearse the techniques of activity, develop your active support networks, design your personalised Active action plans as Get Active Champion for your EY setting.
  - >Ways to embed your EY Movers Active action plan during the Spring term

- Following this workshop Champions will receive a Summer term monitoring visit.

This programme runs in partnership with colleagues from Active Norfolk, whose **'aim is to get more children and young people in Norfolk physically active, earlier in life.'**

[Younger Kids - Getting Active At Home - Active Norfolk](#)

The programme meets current EYFS Reforms (Sept 2021), that include a footnote with a link to the Chief Medical Officer guidance on physical activity

[Physical activity guidelines: UK Chief Medical Officers' report - GOV.UK \(www.gov.uk\)](#)

### Target audience & cost

Childminders  
 Early Years Settings  
 School Nursery & Reception  
 Teachers/Teaching Assistants

£30 per person

### Training providers

Early Years Learning & Achievement Service  
 Active Norfolk



**Privacy notice:** By applying for courses in the Early Years Learning training programme you give consent to Norfolk County Council (NCC) processing and holding the personal data within your application in accordance with the NCC privacy policy. You consent to the information being passed to the training provider that will be delivering the course that you have applied for. The training provider may be an individual or team within NCC or a private organisation that has been commissioned by NCC.

This programme acknowledges findings of prime areas of learning identified for support from the DfE Covid-19 Recovery Programme.

As part of the commitment to be a champion within The Early Years Get Active 2022 programme, we request that staff who attend the training workshop come dressed comfortably for activity.

<b>Autumn term 2022</b>			
<b>Code</b>	<b>Venue</b>	<b>Dates</b>	<b>Times</b>
L135	<b>Gt Yarmouth</b> , The Imperial Hotel	Monday 21 November	9.30am-1pm
L136	<b>King's Lynn</b> , The Ffolkes Hotel	Wednesday 23 November	9.30am-1pm
L137	<b>Norwich</b> , The Professional Development Centre	Friday 25 November	9.30am-1pm