

Early Movers Training

Designed for early years practitioners, this training helps increase knowledge around physical activity for children under the age of five.

Participants are equipped with practical ideas and resources that they can use to help young children become more active.

How to book

Check the Promoting Wellbeing [training brochure](#) and [online calendar](#) for upcoming courses.

Or contact Clare Drummy, Physical Activity Coordinator, to register your interest:

clare.drummy@southerntrust.hscni.net

Tel. 028 3831 7156



[Watch this YouTube video about the training](#)

Who is this training for?

This course is ideal for anyone working in an early years setting who provides care to children from birth up to the age of five and wants to learn more about the importance of physical activity in early childhood.

The aims of the training are to help participants:

- understand the importance of physical activity for the early years
- learn about the early years physical activity and sedentary behaviour guidelines
- support settings to extend their physical activity opportunities and extend their bank of physical activity ideas.
- be able to support settings to audit their current physical activity provision and take steps to identify areas for improvement

The training is a 4-hour session provided free of charge. Applicants will need to outline how they will use the training in order to be accepted onto the programme.