

## PHYSICAL SKILLS

Here are some websites that can offer advice, strategies and ideas to support:

<https://educationendowmentfoundation.org.uk/early-years/evidence-store/physical-development>

<https://keepingmewell.com/childrens-support-services/physical-development/>

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/>

<https://bexley0to19.co.uk/0-4-years/toddler/physical-development>