

Cornwall Healthy Movers Evaluation (2022): Executive Summary

Programme overview

Healthy Movers is delivered in early years settings and aims to develop children's physical literacy, wellbeing and school readiness through a range of physical play and activities.

The programme is delivered through resources and training for practitioners in early years settings and families to continue the activities at home. It was delivered by the Youth Sport Trust (YST), in partnership with Active Cornwall and Public Health Cornwall, in 2021 and 2022.

Engagement



24

SETTINGS



80

PRACTITIONERS
TRAINED



955

CHILDREN TAKING
PART IN HEALTHY
MOVERS ACTIVITIES
EACH WEEK



504

PARENTS ENGAGED
IN HEALTHY MOVERS

Outcomes



CHILDREN

- Improved physical literacy
- Improved physical activity levels
- Improved communication and language
- Improved relationships
- Increased engagement in activities at the setting
- Enhanced school readiness



PRACTITIONERS & SETTINGS

- Improved confidence and competence
- Improved delivery of physical activity



PARENTS/FAMILY

- Increased physical activity as a family
- More ideas to help children be active
- Better understanding of the benefits of being active

Lessons



1. Interactive and practical training
2. Ongoing support
3. Opportunities for synergy
4. Reinforce at home
5. Child-led
6. Cascade knowledge