

Indoor Movement Activities for large and small spaces (1 day)

Overview

Young children are often very happy to engage - fully and wholeheartedly - in physical activity. Indeed, movement is their first language, the most natural way for them to express and explore their world. Adults are often less comfortable with spontaneous movement play - especially indoors - and as a result we often limit children's potential.

This course is designed to help you support young children's natural physical enthusiasm for spontaneous movement. It offers ideas for adults to initiate with small groups of children from two to five years of age or with family and community groups.

About Indoor Movement Activities

The course includes structures for spontaneous movement activities that enable children to be fully physical - in their own ways. It offers:

- simple observation techniques that underpin ways of working with spontaneous movement
- simple games that put children in charge
- inclusive structures that enable everyone to participate - no matter how confident or shy, boisterous or reserved
- techniques for joining children in their movement, even when they have much more energy than you!
- resources to support spontaneous movement play
- ways to use spontaneous movement to support children's peer group relationships

The course will give you

- movement activity ideas for the indoor environment for small groups of children in Early Years settings

Style of the course

This is a very practical course with lots of opportunity to try out movement activities for yourself. We know that adults are often shy about spontaneous movement activities and we promise that we will not ask you to be a tree! The day will allow you to taste of the pleasure of full-bodied, wholehearted movement play, whilst staying within the adult comfort zone.

It will include:

- practical movement activities
- small group discussions
- whole group feedback
- watching video and looking at photographs of the work in action
- recognising that we are all different, the chance to identify how comfortable you feel to support activities in your setting

Who the course is for

Early Years practitioners, playgroup leaders, child-minders and parents running groups, community and crèche workers - who want ideas for child-centred movement activities.

Also, this course acts as an introduction to the JABADAO way of working, for those who might be interested in taking the DMP Certificate Course in future.

NB: This course does not introduce the Developmental Movement Play framework, but it does introduce new ways of working with spontaneous movement, in common with the DMP Certificate Course.

Course content

- introduction to the person-centred, spontaneous movement approach JABADAO uses in all its work
- practical ideas
- discussion about implementing these activities in your setting

Attendance and certificate

A certificate of attendance is given to those completing the whole day.

Tutors

All training courses are run by experienced movement practitioners who ground their teaching in practical work with the appropriate client group. Courses combine theory and practice in seeking to give teachers, health and social care workers, as well as parents and families, new understanding that will enable them to integrate movement more fully into their ongoing activities.

What to wear

Come ready to move - loose, comfortable trousers for preference.

To book

To book a place contact **Pat Pickavance tel 0113 236 3318 email pat@jabadao.org**

To discuss hosting the Indoor Movement course in your area contact **Linda Neary tel 0113 236 3344 email linda@jabadao.org**

About JABADAO

JABADAO is the national advisory agency that helps people think radically about the role of physicality in child development, education and lifelong wellbeing.

For further information about JABADAO visit www.jabadao.org

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