

Developmental Movement Play Online

Shaping physical foundations



The Feeling of Me

Body awareness and sensory processing



Floor Play Foundations

What kickstarts physical development?



Halfway & Upright Play

Building confident bodies



Indoor Movement Play Area

Valuing children's movement play afresh



The Approach...

Developmental Movement Play is a framework for looking in greater detail at how physical development unfolds - so that we can support our children better. In the early years children create the foundations that will shape their body for a life time. How that happens makes such a difference.

Will enable you to...

- Set up indoor movement play spaces as a key aspect of your continuous provision
- Ensure that children's natural drive to move in ways that support their development is highly valued, focused and purposeful
- Build new movement observation skills to deepen your everyday observations
- Focus on how children create a secure sense of self in their body; and a connected, well-aligned and adaptable physicality
- Develop your personal and setting-wide pedagogy, in line with your aspirations for your children's physicality

Core pillars of the approach

Sensory and Motor

Work with the two equal components of building a body - motor and sensory development - which intertwine to create body awareness and physical skill.

Developmental movement

Go beneath the milestones to see how they build. Know how physical foundations are created and when they need more time to establish.

Movement Play

Recognise and support children's free-flow spontaneous movement play as the key driver of physical development.

Movement observation

Build your movement observation skills so you can see more of what your children's bodies are telling you - and ask why? Why is this child moving like this?

Creating the space

Create the kind of environments that prompt and invite developmental movement - indoors as well as outside.

Working together

Take a setting-wide approach - make simple, but fundamental tweaks to the way you support physical development across your team.

Evidence based

Created within a 10 year research project undertaken with early years partners across the UK.

Theory informed

All aspects are rooted in contemporary child development theory and placed within a wider theoretical framework.

Developing pedagogy

Offers a new perspective, then invites you to integrate this within your own pedagogical approach.

**Look beneath the milestones at the
building blocks of physical development**

Values the approach is built on

01.

Babies and children are Infant Experts in their own physical development - hardwired to seek what they need for their unique body, in the midst of their unique life.

03.

There are two important foundations for physical development - sensory processing (the feel and awareness of the body) and motor skills (the way it moves). Helpful Adults know how to support both in equal measure.

02.

Infant Experts need Helpful Adults who understand the detail of how physical development works and how to help them get what they need.

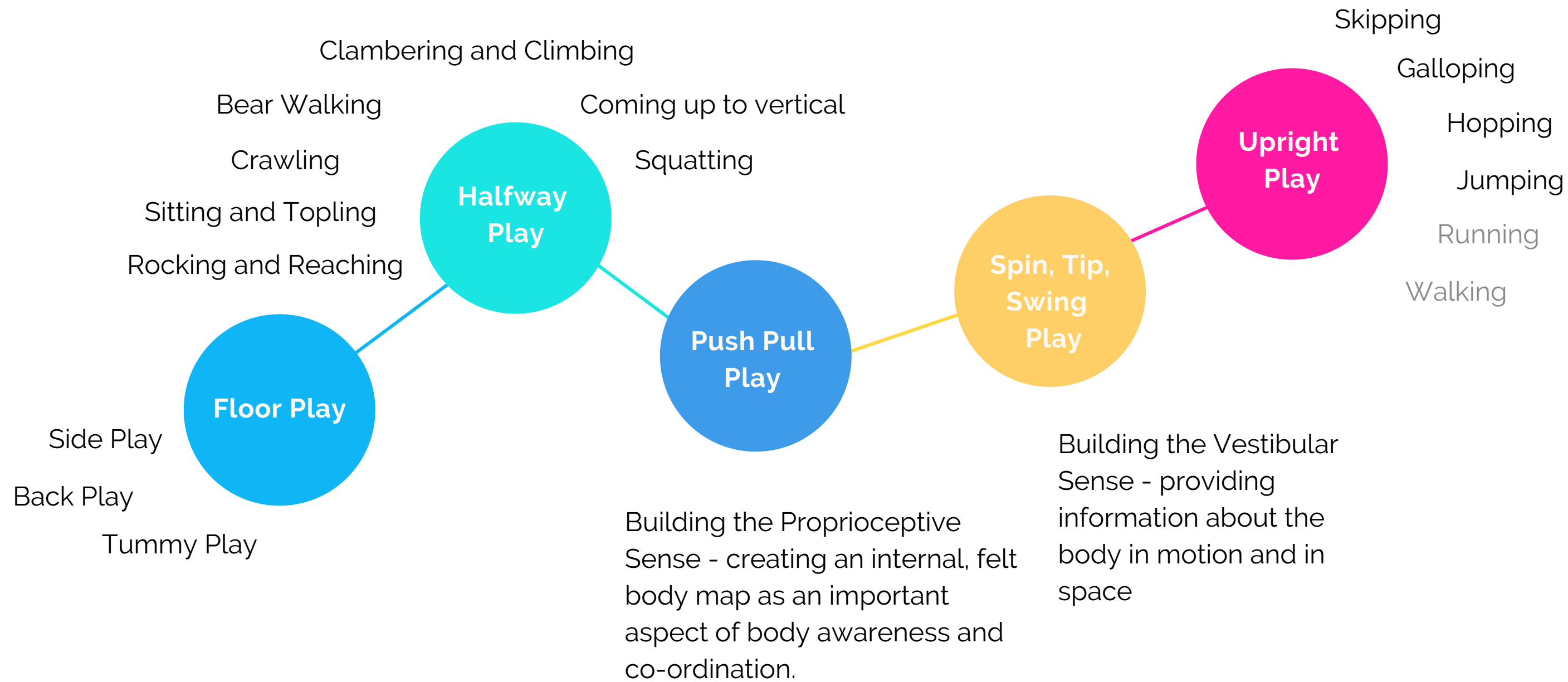
04.

Opportunities to dive deeply into movement play need to be freely available - indoors as well as out, because the movement indoors is different and equally important.



“We’ve developed and transformed our approach quite significantly ... and it’s no co-incidence that it’s alongside the whole team training we did around Developmental Movement Play.”

Daily Movement Diet



The Infant Expert

Body awareness and sensory processing

The Feeling of Me

Babies and children are hardwired to build strong body awareness as a foundation for physical development. They work hard at it. Find out about the four senses that combine to create this developmental process.

Core topics, 4 body senses

- Touch
- Proprioception
- The Vestibular Sense
- Interoception



What kickstarts physical development?

Floor Play Foundations

The movement babies and children do at the earliest stage of development creates foundations that will support their movement throughout their life. This course explores the reflexes and movement patterns that kickstart physical development. - in Back, Side and Tummy Play

Core topics

- Foundations built in Back, Side and Tummy Play
- How bodies organise movement
- The Infant Expert
- How to be a Helpful Adult



Building confident bodies

Halfway and Upright Play

Halfway Play - no longer down on the floor and not yet up on two legs - holds lots more development. Foundations built here support the emergence of confident, powerful Fundamental Movement Skills (walking running jumping, hopping etc),

Core topics

- How the foundations influence upright movement
- Fundamental movement skills as unfolding processes
- Building movement observation skills
- Framework to support the Developmental Movement Play approach



Valuing children's movement play afresh

Setting up an Indoor Movement Play Area

A small, focused, indoor space which supports Sensory, Motor, Social and Emotional development - and wellbeing.

Core topics

- Setting up and Indoor Movement Play Area
- Movement Play practice
- Integrating this area of provision
- What kind of learning happens in the area

