

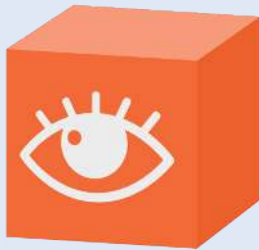
Movement and Learning in Early Childhood Education



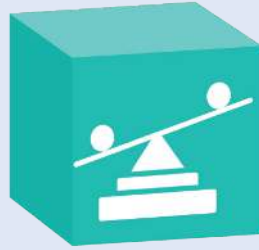
the
education
hub

Movement helps a child's brain to grow and develop

Eyes to track
the world visually



Balance for rolling, spinning,
and hanging upside down



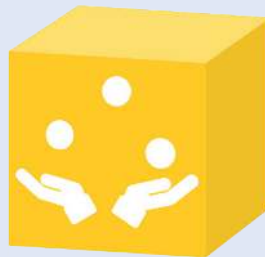
Spatial and bodily awareness for moving
through space and round obstacles



Children need opportunities to practice using
all different kinds of movement



Muscle power for lifting,
pulling, pushing, and for stamina,
flexibility and agility



Coordination for complex
movements like climbing,
hopping and skipping



Control for changing
direction and speed

Teachers can support children's movement skills by:



- Making the challenge fit the child by providing individualised challenge or support
- Encouraging a wide range of movement experiences
- Challenging children to change speed or freeze
- Shifting targets further away or bringing them closer
- Suggesting children to change direction or move backward
- Extending exercise time or challenging children to go faster