

A brief guide to Developing Provision for Movement Play in the Early Years

Have you ever thought about developing Movement Play in your Early Years Provision but are not quite sure how or why? Well here are some ideas to get you started.

What is Movement Play and why is it important?

80% of communication happens without words! Movement Play allows children to become 'body literate', to express their thoughts, feelings and stories in that moment in time.

It allows a child to connect with and feel comfortable with their whole body. It allows us to draw attention to the movements children make. It can happen at any time and doesn't need special equipment. It can include wriggling, twisting, slithering, turning, tilting, stretching, pushing and pulling, crawling, rolling.

It links to all areas of learning (EYFS Statutory Framework)

Communication and Language – developing confidence and skills in expressing themselves

Physical Development - opportunities to be active and develop their co-ordination, control and movement, helping them to understand the importance of physical activity

Personal, Social and emotional development – helping children to develop a positive sense of themselves and have confidence in their own abilities

Understanding the world – making sense of their physical world

Expressive arts and design - providing opportunities and encouragement for sharing their thoughts, ideas and feelings

And of course, it supports **Literacy and Maths** by supporting fine and gross motor development and an understanding of shape, space and measure as children use their whole bodies to move through time and space.

As an experience and activity, whilst sometimes supported by the adult, Movement Play truly comes from within the child so it is a great way to observe the Characteristics of Effective Learning.

Playing and exploring as they investigate and experience whilst 'having a go'; **active learning** as they focus and concentrate; and **creating and thinking critically** as they develop their own ideas.

AND if you need another reason.... ITS LOTS OF FUN!!

Movement play can happen anywhere as the body is the main piece of equipment.

However, you may wish to develop a specific space for Movement Play to happen. You will also need to create guidelines with children about using the space

So here are some things you could provide...

A suitable space

props with different textures/tactile experiences

drawing materials so children can change from moving to drawing

ribbon sticks, lengths of fabric, scarves

a variety of different music

A safe full-length mirror

For more inspiration watch this [fantastic video](#)