

Activity aids learning

General Information

What do we know?

- For healthy development infants (0-1) supervised floor based play should be encouraged
- Babies' brains are "unfinished" at birth. Movement and physical activity plays a huge role in creating nerve connections in the brain. These provide the foundations for all future learning including formal learning at school.
- Even before they can walk and talk a child needs regular and varied opportunities to move freely and interact with people. These experiences form the grounding for lifelong physical, social and emotional skills.
- Data shows that an increasing number of children are behind with their skill development by the age of 3 years.
- Giving children a variety of physical opportunities can impact on their ability to deal with situations and challenges they will meet in later life.
- Providing a child with a variety of movement and physical activities experiences does not have to cost a lot of money. Data shows that an increasing number of children are behind with their skill development by the age of 3 years.
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- There are lots of ways to be active inside such as active stories, copy me games, action songs and yoga.
- Outside children tend to be more active and can be stimulated through using natural aspects in the environment such as digging, finding and collecting.

Suzy Startwell says...

Babies and young children feel good about themselves when adults are active with them. If infants and children see you being active and enjoying movement they will be encouraged to join in and feel good about themselves once they succeed.

