



Movement into Practice

Enabling Environments for Pre-School/Nursery

Large Movement

- Create indoor and outdoor movement areas with resources that allow children to independently and spontaneously move e.g. balance boards, elastics, lycra, spinning cones, ribbons/ scarves to twirl and dance with.
- Encourage children to build on a large scale using large blocks, planks, fabrics and boxes etc. Encourage the children to crawl through, under and over what they have built.
- Catching is a difficult and complex skill. Children need plenty of opportunities to catch larger, lighter and slower resources before being able to catch a ball. Allow children to roll balls or catch bubbles, balloons in fabric balloon bags and chiffon scarves.
- Provide ample opportunities for children to throw. Develop the skill of aiming by creating targets for children to throw balls or objects at e.g. skittles, cones, chalked targets, buckets of water.
- Provide wheeled toys to encourage both sides of the brain and body to work together. Encourage children to manoeuvre the toys.

Small Movement

- Encourage children to dig, rake and sweep strengthening the upper body to support mark-making.
- Use a variety of malleable materials, such as textured dough, cornflour, finger paints, clay etc. to help develop hand and finger strength and dexterity.
- Provide differentiated threading activities e.g. thread large beads onto pipe cleaners, or thread wool through hole-punched paper.
- Provide differentiated weaving activities e.g. weave large strips of ribbon through trellis/ fencing, thread materials onto a weaving loom.
- Develop the facial muscles required for speech by allowing children to use a straw to blow bubbles, blow paint and blow cotton wool balls.
- Introduce complex finger rhymes to enhance the links between hands, fingers, thumbs and the brain. Participating in finger rhymes will enable children to have increasing control of the tendons and muscles in the lower arms.
- Use kitchen tongs to pick up and sort items e.g. table tennis balls, pinecones, pebbles etc.

Health & Self-Care

- Provide cosy areas to encourage children to rest and relax.
- Make the toilet area interesting so it encourages children to go to the toilet on their own e.g. display pictures and photos. Ensure that the area is easily accessible and contains the necessary resources.
- Encourage independence during snack and mealtimes e.g. allow children to help set the table, to serve themselves food and drink, to feed themselves independently and to tidy away used equipment.
- Ensure activities, routines and the environment nurture independence and self-care skills. e.g. display images and pictures showing the sequence of self-care routines such as hand-washing and toileting, provide a variety of dressing-up clothes for children to practice dressing without being rushed.
- Ensure children have opportunity to participate in energetic physical activity which raises children's heart rate, stamina and strength. Start to talk to children about the effects of activity on the body.