

# 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,  
putting, 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

# Movement And Learning In The Early Years supporting Dysprax

**Hongru Du**



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