



Public Health
England

Protecting and improving
the nation's health



Office for Health
Improvement
& Disparities



SUPPORTING PHYSICAL DEVELOPMENT IN EARLY CHILDHOOD

A free course aimed at increasing your knowledge about how young children's physical development can be supported



Each week includes a balance of essential underpinning knowledge and practical advice, with opportunities throughout for students to reflect on their learning with others

SIX THEMES

Growth and physical development looks at the difference between growth and physical development and how these are measured from birth to aged five; what support and advice is available to parents and carers; and the life factors that support or compromise children's growth and PD.

Body systems, senses and physical development – covers the development of young children's senses and body systems; the importance of these working together to ensure smooth overall development; and how to provide sensory-rich environments for babies and young children

Supporting the development of children's movement skills – explores how to develop fine and gross motor skills and how these may be best supported in practice; how children may progress from the initial experience of a new skill to a mature and fluent version; and why early movement experience provides the critical foundations for later successful and enjoyable engagement at school

Movement and learning – explores how movement skills underpin and support learning across all developmental domains; how these skills emerge according to children's unique inner timetable; the adult role in supporting children's physical development; and how typical patterns of movement behaviour emerge in each age group

Physical development and play – looks at the importance of physical play in supporting children's physical development; how risky and rough-and-tumble play can be promoted safely and effectively; the environments that best support physical play; 'movement-rich' environments and the adult role; and ways to encourage local collaboration and community engagement

Movement and health – giving advice on how children with underlying conditions or particular medical needs, such as diabetes, asthma, obesity, visual impairment, may be supported in their movement experience and fully included in all physical activities; what support is available; and how to engage parents and carers proactively in their children's physical development

99% of learners said that the course met or was better than their expectations

97% said they gained new knowledge or skills

The course was very informative and learner friendly. A lot of thought and work must have gone into how it was presented and I found it enjoyable and it kept my interest. Well done

I really enjoyed the course it was a good recap on some things I knew but also really interesting to find out new things that will benefit me as a practitioner

I think this is an amazing course, I've loved it and learnt a lot. Many thanks

To register for the course, please go to:

<https://www.futurelearn.com/courses/supporting-physical-development-early-childhood>