

Movement Environment Rating Scale (MOVERS) for 2–6-year-olds provision

Improving physical development through
movement and physical activity



Carol Archer and Iram Siraj

Foreword by Anthony Okely

includes
PHOTOCOPIABLE
resources

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Physical development is a key component of the curriculum in the great majority of countries. But so far there has been no valid means of assessing the quality of the child's physical experience or the pedagogy and environmental quality of those physical experiences.

The Movement Environment Rating Scale (MOVERS) is a new method of measuring the quality of environment and pedagogy in which young children are encouraged to move and be physically active. It applies the methodology used in the ECERS-E and SSTEW rating scales, making it easy for educators already familiar with these well-established scales to adopt.

MOVERS has four sub-scales:

- Curriculum, environment and resources for physical development
- Pedagogy for physical development
- Supporting physical activity and critical thinking
- Parents/carers and staff

MOVERS is an invaluable tool for research, self-evaluation and improvement, audit, and regulation.

'MOVERS is a great leap forward in consolidating and organizing some of the cutting edge techniques and insights that are increasingly seen as important in helping children grow to their potential. This product of the work of Carol Archer and Iram Siraj over many years of solid research, study and observation will be deeply useful and critical for teachers, care-givers, and all who care for children. We can only hope that the book gains popularity not only in the UK, but around the world. It is so needed.'

– Bette Lamont, Developmental Movement Consultant, Seattle, USA

'MOVERS is an excellent tool for assessing quality in the support of young children's physical well-being. It is scholarly, practical and helpful: I recommend it highly.'

– Sandra Mathers, Department of Education, University of Oxford, UK

'As a researcher working in the area of physical activity and motor development in young children, I have been searching for several years for an instrument to measure the quality of the environment in these areas in early childhood education and care settings ... It is with great excitement that I believe such an instrument now exists.'

– from the Foreword by Professor Anthony Okely, University of Wollongong, Australia

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The UK family of rating scales – ECERS-E, SSTEW and MOVERS – measures quality and well-being of the environment and pedagogy for the whole child, assessing the key domains of early learning:

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