



dance - drama - music

Movement Matters in Early Education

July 2019



We learn more physical skills in our first five years than at any other time in our lives. Therefore, it's important that young children have lots of time to practice and develop skills.

A Moving child is a learning child.



Why Move?

‘In the beginning...there was movement...’

In the womb the first movements occur....

Movement is instrumental in the formation of the brain and subsequently each repetitive movement strengthens neural pathways, cementing communication between the body and the brain.





Linking the brain to the body

There is a causal link between music and spatial intelligence (the ability to perceive the world accurately and to form mental pictures). This critical thinking is necessary for everything from solving maths problems to being able to fill a container.





music — movement

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What is the recommended amount of physical activity a child aged 2-5 should have every day?

20 mins

30 mins

60 mins

90 mins

180 mins



The recommended amount of exercise a young child should have each day is **180 minutes**, **60 minutes** of that time should be high impact, cardio exercise.

Opportunities for children to explore movement should be available both inside and outside.



Let's look at the data:

Most recent studies suggest that 12% of children arrive at nursery overweight or obese and this figure is rising.

22% in reception and 32% in KS2 Y5/6.





Through Physical Development children will:

Increase stamina, strength, and mobility

Stimulate brain connections and cement neural pathways

Develop motor skills, (both fine and gross) in agility, stability, co-ordination, musicality, balance, spatial awareness and control

Develop skills in problem solving, decision making, creativity and reasoning.





Who am I?

80% of communication is non verbal. Therefore this must be supported through awareness of the body.

In a recent study% of **UK** 4 year olds are NOT reaching the recommended levels of Physical Development in their daily lives. This will affect all their developmental areas.





Movement play!

'Physical (strenuous) play facilitates healthy cognitive development by stimulating frontal lobe maturation, by alleviating Attention Deficit Hyperactive Disorder (ADHD) symptoms (such as impulsiveness) and by promoting prosocial minds through the maturation of behavioral inhibition (Panksepp 2003, 2007, 2008).

Thus, physically strenuous play synthesizes the neural benefits of both exercise and play by simultaneously providing physical, social, and intellectual stimulation.' (Sattel Ratey 2009)





Physical activity presents a physiological stress to the brain that, when balanced with recovery, promotes adaptation and growth, preserves brain function, and enables the brain to respond to future challenges (Mattson 2004).



**What do you think of when you hear
'dance'?**



Benefits of dance and movement?

- Endorphins are released which make us feel happy
- Freedom of self expression
- Self confidence in our actions
- Our bodies are designed to move
- Increased blood flow around the body and to the brain
- Increased serotonin levels



Dancing makes us smile!



How can we increase physical activity levels and create sustainability?

- ✓ Increase outdoor play opportunities
- ✓ Ensure activities are inclusive
- ✓ Provide exciting stimuli
- ✓ Be more active yourself – it will impact on your work!
- ✓ Community cohesion
- ✓ Parental Engagement
- ✓ Whole School approach
- ✓ Music enhances mood





PSHE

'The most intelligent person will not achieve more than his/her confidence allows'

Esther Andrews (author – How to develop your child's genius)



Are you worthy of imitation?

Rudolph Steiner





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#Letsgetmoving

www.musicandmovement.org.uk

