

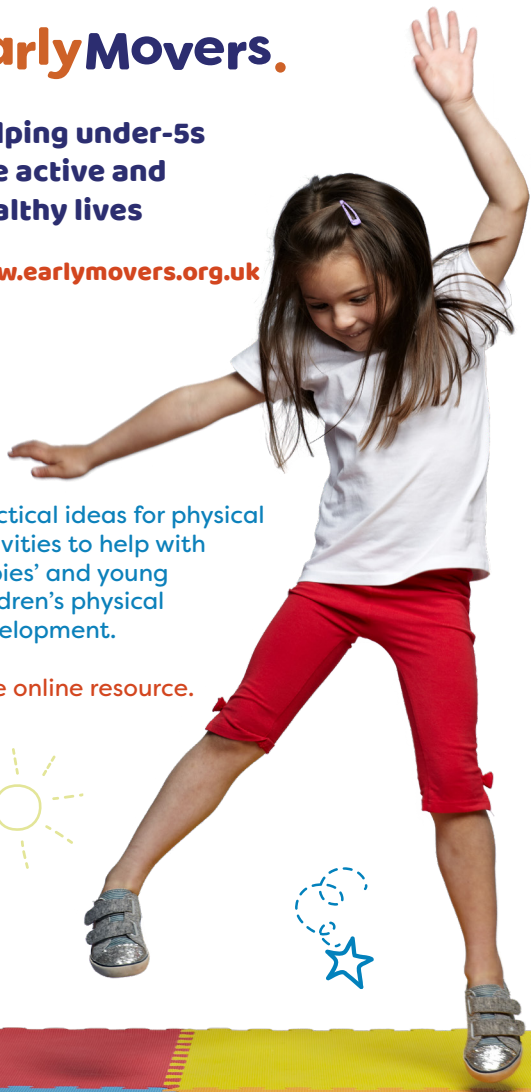
EarlyMovers.

Helping under-5s
live active and
healthy lives

www.earlymovers.org.uk

Practical ideas for physical
activities to help with
babies' and young
children's physical
development.

Free online resource.





A website designed with early years practitioners to help you provide physical development opportunities for children in any setting.



What is physical development?

Physical development (PD) is the growth and development of both the brain and body in infancy and early childhood.

PD involves developing control of muscles and physical coordination which is used in a range of skills required for daily functioning.

The website contains information on core skills you would expect to see emerging in babies, toddlers and pre-schoolers, along with activities to help children develop these skills.

