

Areas of Learning

Physical Development – Core strength and Co-ordination



“To be confident with movement children must develop both core strength and coordination. Developing core strength and co-ordination supports children’s ability to communicate, learn language and eventually read and write. Whole body movements contribute to the accurate use of small tools and delicate materials. Writing, drawing and painting should be considered as whole-body skills.”

Help for early years providers

It is important that we recognise the importance and impact of core strength and co-ordination from the beginning. From the statement above, you can see how it will form a foundation for future movement and all-round development. From your babies practicing tummy time, to your preschools moving with confidence and competence, the provision you provide and the support you offer (your intent and implementation), will be invaluable.

Do staff recognise the importance of core strength and co-ordination? How are they supported to embed this knowledge into the curriculum you offer?

Task 1

Watch the following video on core strength and co-ordination.

<https://youtu.be/xjxXBZeFcmg>

- What key points jumped out at you?
- Were there any ideas or opinions shared that resonated with you?
- Does the video make you think differently about core strength and co-ordination?
- How might this information shape your practice?
- Are there changes that you could make to your existing provision/practice that would better support children to develop their core strength and co-ordination?

Task 2

What opportunities do you provide daily for the children to move their entire bodies? Think about how this differs for the ages and stages of the children in your care.

Take some time to reflect on not only the activities you provide, but your continued provision, your routine and the impact and influence you have as adults.

Be sure to make note of any areas for improvement required.