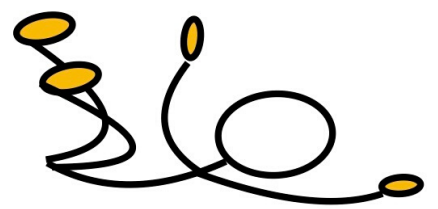


# five kinds of movement play young children need

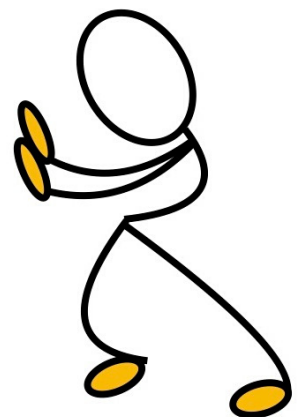
## 1 FOOR PLAY

- on backs and tummies: this is where the foundations for all movement are made. A connected body, a strong body, body awareness, and a comfortable, aligned body



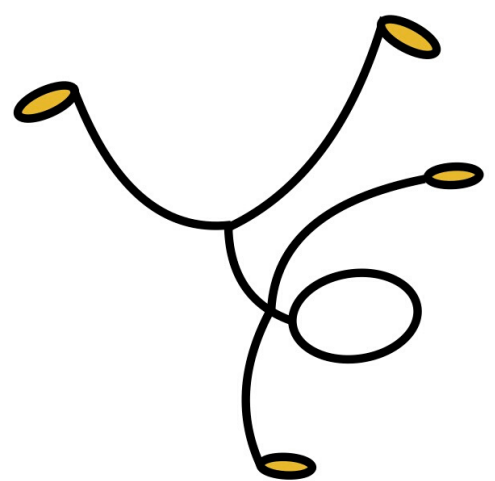
## 2 PUSH PULL PLAY

- this play creates lots of sensation in the muscles and joints, which builds the body awareness we need for co-ordination, and to feel right in our own skin



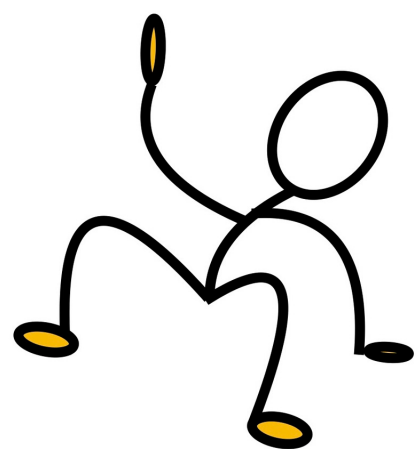
## 3 SPIN, TIP, SWING, UP-SIDE-DOWN PLAY

- this play gradually builds security in motion, a sense of where the ground is underneath and the sky above, and helps the eyes and body work together (an important part of spatial awareness)



## 4 HALFWAY PLAY

- crawling, squatting, bear walking low level climbing and lots more besides, builds length in the body (especially the spine) and strength in the core to the edges



## 5 UPRIGHT PLAY

- walking, running, hopping, skipping, leaping and bounding all build different capabilities that will enable a body to improvise in a million ways - for sport, dance, expressive communication ... and confident everyday life

