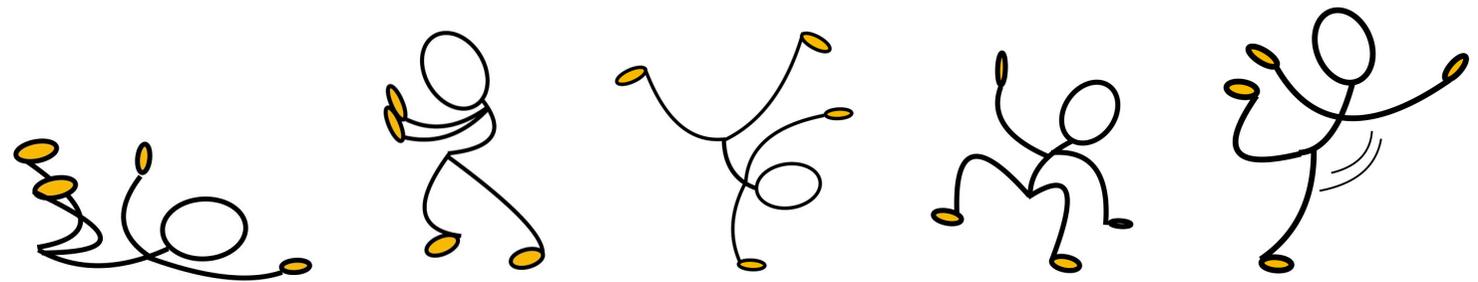


Developmental Movement Play

rethinking physical development 0 - 5



JABADAO

national centre for movement play

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" I have learnt more in this 2 days than I have in 12 years in my setting. Will 100% be using this to empower the children in my care "

What is Developmental Movement Play

Developmental Movement Play (DMP) is a contemporary approach to supporting babies' and children's physical development - aiming for confident, expressive, skilled and happy bodies.

It's a response to an increasingly sedentary culture, in which we can sit for hours mesmerised by our wonderful digital devices; an education culture that is largely focused around sitting; a society that values the look of the body, over the feel of the body. In the early years, the physical development milestones emphasise end-results, rather than the ways to get there.

But the human body thrives when it can move a lot, in lots of different ways. Improvising and exploring. Feeling its way. Returning, again and again, to the early movement patterns which create and maintain the foundations we need all our lives, as well as throughout the early years.

It's not surprising that many of our children and young people grow up to be less physically confident than we want them to be.

We can change this quite simply. But it takes a change in the way we work...
DMP is a framework for thinking about change.

Background research

In 2002 we got together with lots of early years practitioners, learnt some developmental movement theory together, then all went off to watch children with new eyes. We met up four times a year to share what we were seeing and thinking.

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The DMP approach is rooted in this early collaborative research. We published the findings in 2009.

We continue to teach settings across the UK (over 1,500 settings now); and to observe children and develop the thinking.

DMP is constantly evolving ...



underpinning theory...

Children are hardwired to seek out what they need for great physical development. At first a set of magnificent reflexes guide them to the ways they need to move.

Then they listen to their bodies and choose movement that gives them what they need. They are very good at it ... they are infant experts.

They don't need us to tell them what to do. They need us to know what they are looking for - and why - and make great spaces and places where they can create their own physical development programme. This is movement play.

... DMP is child-led & play based

DMP focuses on 2 aspects of physical development

- ▶ **The Feeling of Me - sensory processing**
how children build the felt sense of their body
- ▶ **Me Moving - movement reflexes & movement choices**
the building blocks that create a full and adaptable movement range

“ It’s just been a whole change in awareness of the importance of movement play. It seems to underpin all our activities now. It’s not just happening in the movement area ... it’s right across the nursery. ”

Course Content

- What are the senses that create an accurate, moment by moment internal map of our body that guides our movement? Touch is one - three more may be new to you.
- What kinds of movement play help to ensure these senses develop well?
- How do the reflexes kickstart physical development? What do they look like in action? How can we help them to do a good job?
- What are the building blocks for confident, expressive and skilled movement - not just milestones to tick off? What kinds of movement play builds them?

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If we understand more, we can be more Helpful Adults

DMP courses

We teach face to face courses for staff teams, groups of settings, or local networks.

We are happy to start with your questions about physical development, and create a one or two day course that addresses them within the DMP philosophy.

Child-led and play based.

Or we can teach an introduction to DMP approach, with a five-part structure for observation and planning.

All designed to rethink physical development and create positive change.

Download the DMP Course leaflet from our website

Or drop us an email inquiry



info@JABADAO.org

07526 768 846

10 Court Farm, Stutton Road, Brantham, Suffolk, CO11 1PW
