

Early Years Movement Mark



#MOVE WITH US

ActiveEssex

What is the Early Years Movement Mark?

- ❑ A free opportunity for Early Years Settings to be awarded for their work around physical development and physical activity.
- ❑ An online award open to all Early Years Charter members across Essex
- ❑ A self-assessment tool, which enables practitioners to reflect on physical development and physical activity provision in their setting
- ❑ Recognition of commitment towards developing good healthy habits and attitudes towards movement within the EYFS.



Why is it needed?

- ❑ Over 50% of the children in England do not move enough!
- ❑ Physical Development has been recognised as a key area to develop further across the EYFS in Essex.
- ❑ Early physical activity experiences are a defining factor in developing healthy habits in later childhood, adolescence and adulthood.
- ❑ Physical activity and physical development strongly contribute towards:
 - developing resilience
 - enhancing social and emotional skills
 - maintaining healthy weight and growth (bones, brain and muscles)



What are the benefits of the Early Years Movement Mark?

- ❑ An opportunity to reflect on current physical development and physical activity provision.
- ❑ Access to freely accessible and discounted resources.
- ❑ Access to exclusive, expert-led training opportunities and high-quality resources to develop provision further (3 x online workshops across the year).
- ❑ Access to termly Community of Practice sessions, giving practitioners opportunities to learn from, and support one another.
- ❑ Access to a termly newsletter, sharing funding opportunities and free/low-cost opportunities in your area.
- ❑ A 'badge of honour' to share with your parents/carers and extended community.



How to apply...

- ❑ Applications are now open.

Sign up via the Active Essex website in the Early Years section.

- ❑ Contact anthony@thepetrain.co.uk for more information.

