

How can you use the EYPP to support Physical Development?

Provide additional 1:1 to support self-care routines in the setting and at home

Promoting active travel to the setting: families to borrow scooters, balance bike etc



More time to prepare personalised resources for activities

Develop stay & play sessions for parents so you can model activities

Fund out of setting activities:
Swimming lessons,
Gymnastics,
Football or Multi sports

Use a commercial company to carry out physical activity sessions in the setting

EYPP funding per week
(15 hours)

1 child £7.95

2 children £15.90

3 children £23.85

4 children £31.80

Increased 1 to 1 support for child each week

Time to meet with other professionals to share strategies

Purchase specialised equipment e.g
balancing beams,
space hoppers

Increase staff ratio to visit green spaces in local area



Join up with other settings to access training/ resources

Additional staff for small group activities

What Should I consider?

- Physical development approaches can have a range of positive benefits, but the existing evidence related to learning is currently limited. How will you evaluate the impact of the new approaches?
- Have you considered introducing approaches that linked to other, more well-evidenced strategies such as self- regulation?
- There is some evidence that children are likely to learn more effectively after physical activity. Are regular opportunities for active play and physical development integrated into the day?

EEF Early Years Toolkit 2015

Research and Further reading

- Department of Health - Start Active, Stay Active Chief Medical Officers report 2011 www.gov.uk
- www.bhf.org.uk Large selection of resources, which include Early Movers pack: practical strategies for promoting physical activity
- Sally Goddard Blythe – The A,B,C of Learning Success and What Babies and Children Really Need www.inpp.org.uk
- Jan White – Physical Movement and Play (2004) early years Outdoors (Playnotes Nov 04) Learning Through Landscapes www.ltl.org.uk
- Jan White - Physical development in the revised EYFS, Early Years Update 101 Sept 2012 p7-8
- Jan White - Helping Hands, Nursery Equipment (Nursery World) Spring 2012 p10 -12
- Jan White – Creating an enabling outdoor environment for physical development. Early years Update 101 Sept 2013
- www.youtube.com Babies, Brains & Balance project carried out in Leicestershire schools, children centre and with families in the Harborough District.