

Video Transcript: Welcome to Supporting Physical Development in Early Childhood

Welcome

Welcome to Supporting Physical Development in Early Childhood.

This is the first step in your new journey to learn about how you can help young children to become movers for life so that they have opportunities to be happier and healthier as they grow and develop. We are so happy that you're joining us to learn about what you can do to help children lay foundations for being active right through life.

Why this course?

So, why have we developed this training program?

Changes in society mean that children are not developing the skills needed to lay foundations for movement. Alongside this, research has shown us that teachers and practitioners working in the early years have not been shown how to teach these skills to children. So, we need to make sure that we are plugging the worrying gap in children's physical development.

Why are children moving less

Let's take a look at what some of these changes are.

You will all know of children that are spending more and more time in bouncy chairs and car seats, as modern technology tries to make life easier for busy parents.

For example, when parents are going shopping and drive to the shops, they put the baby in a car seat. Once at the shops the car seat can be lifted out into a trolley or onto a buggy while the parents do the shopping. At the end of the shopping, the car seat can be lifted back into the car, and once back home the seat can be lifted out of the car and placed on the floor with the baby still in it while shopping is unpacked.

When in the house babies are often entertained with bouncy chairs that move and a baby gym with an easy reach. Although guidance has been given about limiting the time children spend in these types of seats, busy parents don't always take children out and place them on the floor to play at regular intervals.

It is also common for children to spend many hours in push chairs. Even if, as we see here, the parents are out exercising, the children are still just sitting. They are often facing away from parents so they cannot see their parents' face or interact with them.

We know that many early childhood settings and nurseries report young children spending hours in buggies. For example, whilst an older brother or sister is dropped off at school or nursery and then parents meet up and go for a catch-up in a coffee shop, all this time children are not moving.

Many people have busy lives so children are driven to school, clubs, shops etc... and spend very little time walking to places or talking about what they are seeing.

And as we know children are spending very long periods of time looking at screens, such as phones, iPads, computers, TVs, and games. Whilst during the pandemic much of this could not be avoided, it still means that children are not moving.

All this also means that children are spending a lot of time in seats that are supporting them in what is known as the 'supine position'. This is when their tummy is facing upwards with their back and neck supported by the chair.

Children do not have time after school to be out playing or parents are scared to let children out to roam and play in their neighbourhood. Often areas that were once wild places for children to play have been built on and developed, and once quiet roads are busy and dangerous. This all means that children are spending less time in free play, and in particular less time outside in parks, playgrounds, on the beach or in the woods.

The result of all of this means that children are not getting the opportunities for good quality movement and physical activity that they need.

What you will be studying on this module will show you how damaging this is for children's development, not just their physical development, but also their brain development, language development, confidence, and self-esteem.

This module will show you how you can help to give the children the skills they need for healthy development and plug some of the gaps that have been developing because of the changes in how we live.

A quick look at the module

So, let's have a quick look at the module. The module is Supporting Physical Development in Early Childhood and is accredited with 20 credits at level 3.

The module is structured as blended learning, which mixes online study with practical workshops.

As you have been registered on the module at the university you have access to the University's online learning platform which is called Moodle. On here you will see that there are eight blocks of different topics.

Each block has two sections with approximately 45 minutes of activities and tasks per section. Each section will have a mixture of videos, presentations, tasks, and games for you to complete. At the end of blocks one to six there will be a 10-minute multiple choice assessment.

You will also put together a portfolio of practical activities at the end of the module.

All of it is fun and you should find it really interesting as you will be able to see what you are learning about every day when you are working with the children.

So, let's go!