



Learning through Movement and Active Play in the Early Years: A Practical Resource for Professionals and Teachers

Tania Swift

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In this practical resource, Tania Swift provides early years professionals and teachers with advice and tips on incorporating physical activities into all key areas of children's learning.

Advancing a movement skills based approach to help teachers deliver learning flexibly, the book identifies how getting children active contributes to their wellbeing and development and improves personal and social skills as well as their cognitive learning. The book is divided into chapters that explore personal, social and emotional development; mathematics and numeracy; literacy, language and communication; knowledge and understanding of the world; expressive arts, design and creative development; and spiritual, moral, social and cultural development. Drawing on the author's wealth of training experience, each chapter sets out a range of knowledge development, tips, tools and activities that teachers and practitioners can use to support and enhance children's learning and development and examples of good practice from other practitioners and teachers.

Full of creative ideas that early years workers and teachers can easily implement, this book will equip readers with the knowledge and confidence to plan for effective learning through movement and active play.

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