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
- Use a commercial company to carry out physical activity sessions in the setting
- Increase staff ratio to visit green spaces in local area
- Develop stay & play sessions for parents so you can model activities
- More time to prepare personalised resources for activities
- Increased 1 to 1 support for child each week
- Time to meet with other professionals to share strategies
- Additional staff for small group activities
- Join up with other settings to access training/resources

**EYPP funding per week (15 hours)**

- 1 child £7.95
- 2 children £15.90
- 3 children £23.85
- 4 children £31.80

- Fund out of setting activities: Swimming lessons, Gymnastics, Football or Multi sports
- Purchase specialised equipment e.g balancing beams, space hoppers
- Promoting active travel to the setting: families to borrow scooters, balance bike etc
- More time to prepare personalised resources for activities
- Increased 1 to 1 support for child each week
- Time to meet with other professionals to share strategies
- Additional staff for small group activities
- Join up with other settings to access training/resources

**EYPP funding per week (15 hours)**

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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?

Research and Further reading

- Department of Health - Start Active, Stay Active Chief Medical Officers report 2011  [www.gov.uk](http://www.gov.uk)
- [www.bhf.org.uk](http://www.bhf.org.uk) Large selection of resources, which include Early Movers pack: practical strategies for promoting physical activity
- 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](http://www.youtube.com) Babies, Brains & Balance project carried out in Leicestershire schools, children centre and with families in the Harborough District.