

## Early Years Symposium

### Physical readiness and physical curiosity

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This symposium will focus on the early years (0–8 years) with a particular focus on developing physical readiness for moving throughout life and physical curiosity. It will examine the confidence and competence of early years' practitioners and teachers and how these adults provide movement opportunities every day for children, in line with physical activity guidelines as well as early child development policies and procedures.

Physical curiosity often is seen in play especially purposeful play (Almond and Lambden, 2016) as is the first and most frequent occurring activity for young children as they make sense of their world (Howells, 2017). Children within all cultures play, Bruner, (1983) described movement and action as representation of the culture of childhood. One of the four key areas of the symposium will focus on play and the role of pedagogy within the early years' settings. It will consider how these settings differ internationally, yet how the role of play is similar worldwide in development movement skills for young children.

The second key area will consider the curriculum of the early years and how the curriculum is considered worldwide in terms of developing the child physically and the movements that are key with the curriculum. The third key area will examine consider how teachers and practitioners can be supported in developing children physically through the use of physical activity resources such as cards and how resources could be implemented will be examined. The fourth area will be focusing on movement competencies and how purposeful play can help develop early movement with children.

Links will be made within the symposium to the common international language of movement, it will consider the joy of movement; problem solving, mastery; child initiated movement and how collaboration can help develop the child to be physically active for lifelong movement.

### References

Almond L. and Lambden K. (2016) *Promoting Purposeful Physical Play in the Early Years through Physical Literacy. A Self-Learning Programme for Early Years Settings and their Practitioners.* Loughborough: Step into Purposeful Play.

Bruner, J. (1983) *Child's Talk: Learning to Use Language.* New York: Norton.

Howells, K. (2017) Chapter 5 Developing Physical Curiosity and Physical Development in Howells, K., Carney, A., Castle, N. and Little R. *Mastering Primary Physical Education.* Bloomsbury: London.