



Early Years and Childcare
Woodside Centre Community Hub
Witard Road
Norwich
NR7 9XD

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Early Movers Practitioner Training

Target audience

EY OSC CM

CC

Training provider

British Heart Foundation

Cost per place

Fully funded through the
Healthy Early Years
programme

A half day workshop to help early years practitioners extend the physical activity opportunities available to the under fives in their care. The workshop will consist of a mixture of some formal theory and interactive group based tasks with time allowed for discussion, feedback and questions. There will also be a practical session (1 hour) which enables participants to experience how the early years physical guidelines translate into practice in the early years setting. The course is especially suited to those who would like to learn more about the importance of physical activity in the early years and how to engage babies and young children in more physically active play.

Aims of the training are:

- To understand the importance of physical activity in the early years
- To learn about the physical activity and sedentary guidelines To develop confidence to take action to extend the physical activity opportunities within the setting
- To extend your bank of practical physical activity ideas

Resources made available to support the workshop:

- A copy of section five of the British Heart Foundation's 'Early movers' resource
- A handout of the PowerPoint slides
- A copy of the 'UK Physical Activity Guidelines for Early Years (non walkers) and (walkers) leaflet'

Code

F443

Venue

Thetford, Thomas Paine Hotel

Date

Thurs 14 Apr 16

Time

9.30am-1pm

F444

King's Lynn, West Norfolk PDC

Fri 15 Apr 16

9.30am-1pm

F445

Norwich, Abbey Conference Centre

Sat 16 Apr 16

9.30am-1pm

Apply online: www.norfolkchildcarejobs.com/training-application

Key for target audience:

EY Early Years Group settings including
Children's Centre daycare provision

OSC Out of School Clubs

CC Children's Centre staff working directly
with children & families

PS Primary Schools & Maintained Nurseries

CM Childminders & Home Childcarers

COMMS Committee Members of Early Years Group Settings