



amanda's
ACTION CLUB®

**Physical Development in the Early
Years Foundation Stage
- An Active Approach**

Physical Development is an EYFS prime area of learning and development.

So, it's essential that we provide high quality opportunities for children to be active as they play and grow.

Developing physiological, cardiovascular and fine and gross motor skills means that children show good control and coordination appropriate for their stage of development and in preparation for their next stage of learning.

Children should be physically active for at least 3 hours throughout the day to enhance growth and development.

Adults caring for children should encourage active play.

Moving more and sitting less will have tremendous benefits for everyone.

Your staff team are the key to leading and modelling physical activity.

Why hire outside providers when your staff can competently deliver physical development sessions to the children in their care?

Our carefully constructed program is accompanied by our recently developed app!
You will find our very modern nursery rhymes, original songs and videos will continue to motivate and guide your active experience.



Once our training is completed, staff feel more confident in their approach to physical activity and they use learnt skills in their practice.

Physical activity is closely linked to wellbeing and concentration providing positive health benefits, this of course contributes to learning outcomes.

Physical activity has a direct link to good mental health and improved concentration which benefits their long-term success and happiness.

Being physically active has an impact on behaviour, increases self-esteem and provides opportunities for children to work together.

Now, more than ever, adults and children need to recognise the importance of being physical!



Our training sessions will

- 1) Support staff to understand the importance and benefits of being physically active throughout the day
- 2) Ensure staff confidently lead our physically active adult led sessions for children and can begin to create sessions of their own
- 3) Provide knowledge and understanding in the use of a range of resources that support fine and gross motor development

Our training will also provide:

- Recognition of the importance of adult interactions through being physically active
- The ability to identify when children need to make progress in their physical development
- Support for key people to recognise the benefits of providing early intervention to children through physical activity
- A certificate of attendance for Continued Professional Development records
- A comprehensive breakdown of the training including evaluations and costs for those making good use of Early Years Pupil Premium funding



So, what's next?

Arrange for a telephone consultation so that we can answer any questions, explain our training in more detail and provide you with a package of support that fits your requirements.

We offer several packages that will combine full training, refresher days, equipment and access to Amanda's App, containing the music you will need to run our sessions.

Monthly payment instalment plans are available.



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Full Training Day - Please allow a 6 to 7-hour day to include breaks and lunch

Morning Session

- We introduce you to Amanda Frolich's Approach to Physical Activity
- We discuss the knowledge base for physical activity, share essential skills that are required in leading sessions and look at how to create a physically active environment.
- We link physical activity to wellbeing, personal social skills, language and communication and other areas of learning.
- We share our 'Principles of Movement' that are core to the session and provide the basis of movement throughout the day.
- We look closely at the structure of a 30-minute session and examine the theory behind warming up, core and interval activities and cooling down.
- We lead a full practical session for attendees to put into practice everything they have learned so far.

Afternoon Session

- We share the Amanda's Action Club App and look closely at the resources we provide and link them to fine and gross motor development
- We focus on adapting sessions for children with additional needs and how to use physical activity to close any learning gaps. Again, this is an interactive session.
- We finish with our 'Tidy-Up Song', clarify and reflect on our learning.

Attendees will be able to deliver Amanda's Action Club routines and have the skills to create their own sessions with the children



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Further Training Sessions

These include a recap on the learning from the initial training, therefore, these sessions are suitable for any new staff.

At Amanda's Action Club we continue to create new and exciting routines, songs and actions, these sessions bring you up to date.

We also incorporate fresh ideas and new resources to continue to inspire and motivate. Sessions include updates on research and guidance



Amanda's Action Club Resource List

Essential to our sessions are our carefully selected resources. Our songs and actions have been specifically designed around these. We can provide you with the full range of items that we have been able to source for you.

The 'Amanda's Action Club Resource List' provides details of these resources. We recommend that you keep them especially for use in our sessions. The resources should be purchased prior to our full day session.

Please consider how you are going to incorporate Amanda Frolich's Approach to Physical Activity sessions into your routine of the day. EYFS ratios and the age and stage of the children, will dictate how many children your sessions will be for.

We suggest a maximum of 20 children per session and therefore resource for 25 to allow for loss, breakages and overuse.

Please note we can also provide storage bags.



Our full day initial training is ideal for in-service days, we can also provide weekend training.

We have produced a comprehensive Training Guide, devised to accompany this course and for ongoing reference

Follow-up training - half day sessions

We regularly update our training and provide refreshers to teach new routines. We recommend a minimum of two follow up sessions after the initial training to keep up momentum and motivation

Please note:

The sessions are interactive, all attendees will be required to join in, we therefore recommend wearing loose, comfortable clothing and footwear and water to keep hydrated. We anticipate that you will provide a suitable venue. Please undertake a full risk assessment and identify any health issues for your team that will affect their ability to fully take part.

We look forward to hearing from you.

Amanda's Action Club – Early Years Training

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