



# Significance of Physical Movement in Early Childhood Education and Care

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Early Childhood Education and Care

Thesis

October 2024

Bulb link to our thesis:

<https://eu.bulbapp.com/u/importance-of-movement-e0?sharedLink=4b430760-e98b-4f40-ac17-edb454e640fd>

Link to our product:

<https://www.figma.com/proto/Xbl1SlVDnwf9YnE6lYWTG4/Booklet?node-id=124-4485&startin-g-point-node-id=124%3A4485&t=iEvjgg1afqVRWQvx-1>

Year	2024	Number of pages	13
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**Abstract**

The purpose of this thesis is to outline the importance of physical movement in an Early Childhood Education and Care setting (ECEC) and to create a tool that shares this knowledge with the ECEC personnel. The target audience of this thesis are personnel in ECEC and the larger ECEC community which includes parents and guardians of children in ECEC. The objectives of the thesis were carried out by researching the recommendations and benefits of physical movement in children and by creating a booklet that features practical ways to meet these requirements in the ECEC setting.

The need for the thesis was highlighted after recent studies showed that children's lives were becoming more sedentary, and children's health was being compromised.

The research from this thesis is applicable for all ages in the ECEC, however, the focus of the activities presented in the booklet has been for 5 - 7-year-old children.

This thesis was conducted as a portfolio styled development work and the reporting took place by applying Bulb digital portfolio-platform. The report and output of this thesis has been published in bulb and Theseus for ECEC unit's application and the larger ECEC community.

This thesis delves on the profound importance of physical activity in the ECEC and how this is explicit for holistic development. Illustrating the theory through a practical physical booklet gives a credible tool for ECEC personnel. It can be concluded that, implementing the fundamentals needed to lead a physically active life at a young age can improve the overall health and well-being of future generations.

**Keywords:** Physical activity, movement, holistic learning, outdoor activity, significance of movement, benefits of movement, traditional games.

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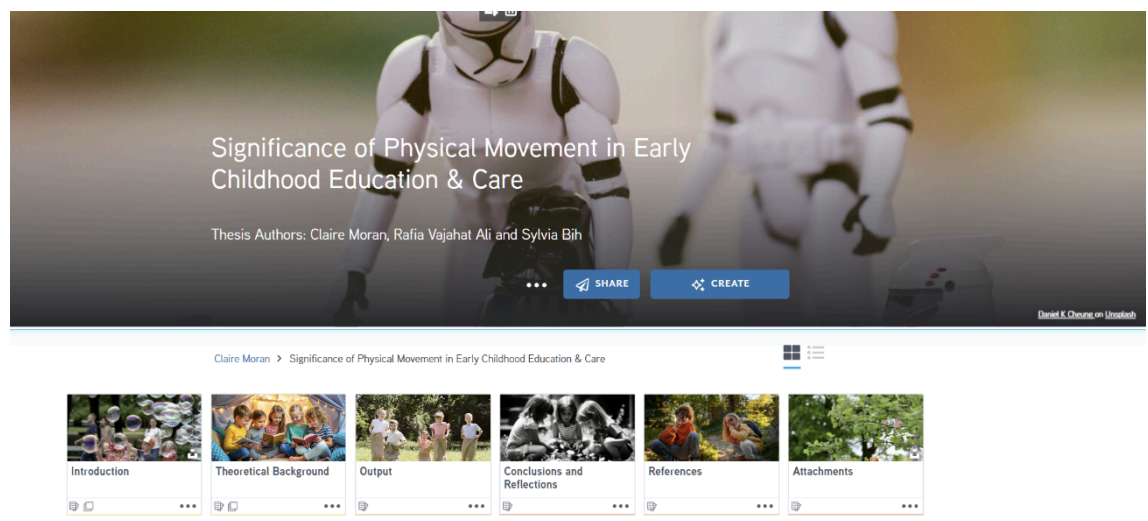


Fig 1. Bulb portfolio

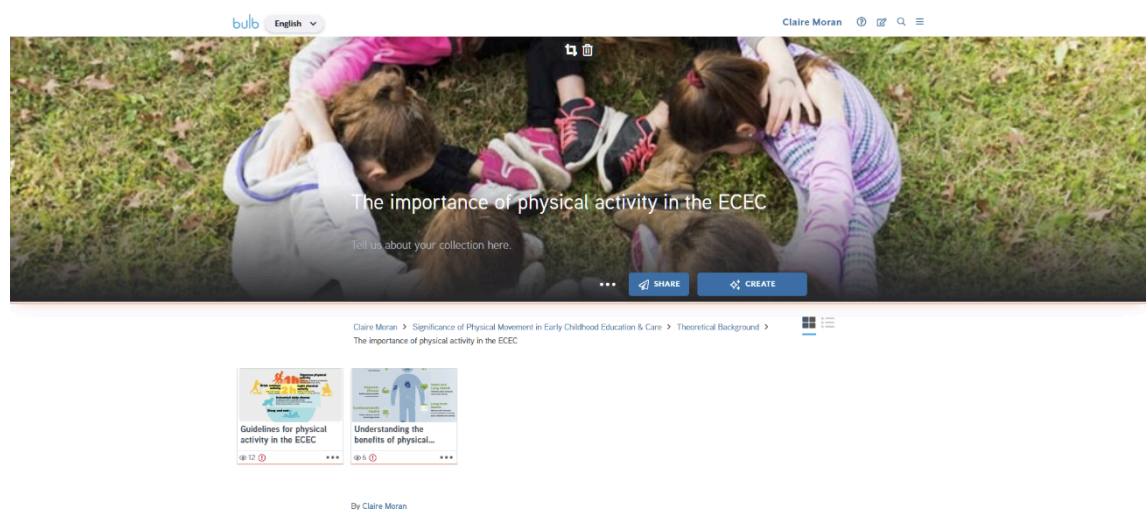


Fig 2. Theoretical background

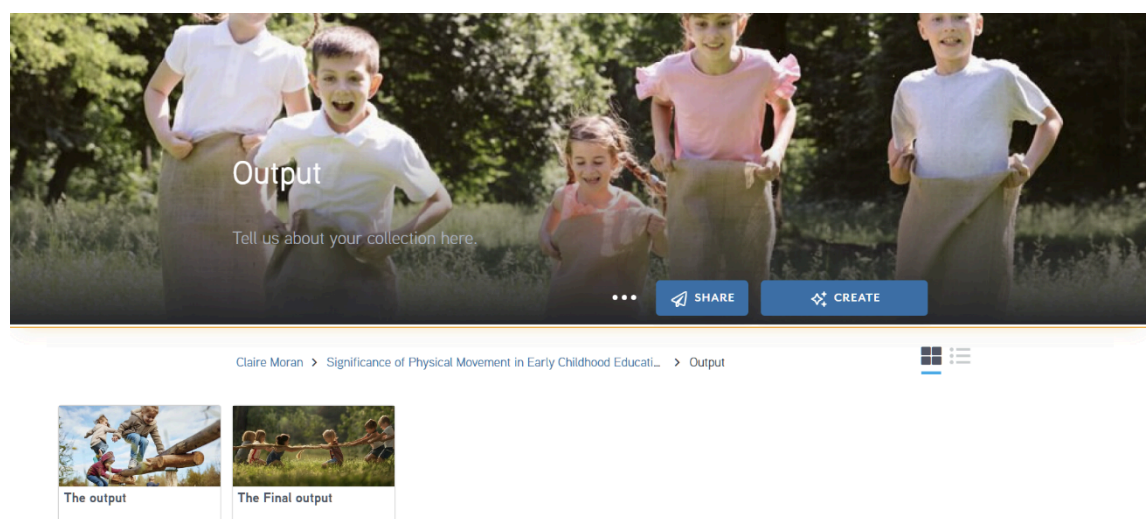


Fig 3. Output

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## 1 Appendix 1. Minimum equipment recommendation

Recommended sports equipment for children aged 3-6 (Ministry of Education and Culture 2016).

### *Indoors:*

- Balls of different sizes and made of different materials (large ones about 25cm in diameter, small ones about 5cm in diameter)
- Beanbags
- Pieces of different forms and colours
- Music suitable for physical activity
- Rhythmical instruments
- Mopeds and cars with a seat on top
- Toys to pull and push
- A trampoline (e.g. 1-2 metres in diameter)
- Mattresses
- Gymnastic benches
- Tyres
- Play parachutes (about 4 metres in diameter)
- Bats and rackets
- Hoops
- Skipping ropes
- Scarves
- Floorball rackets
- Short shaft rackets similar to ping-pong/tennis rackets
- Equipment to improve balance, such as tin can stilts and balance boards
- Balloons

### *Outdoors:*

- Equipment that can be pulled or pushed in summer and winter, e.g. big lorries that can be pushed
- Equipment that children can sit on, cars and mopeds
- Balls of different sizes, made of various materials
- Various bats and rackets
- A basket ball hoop or a target for throwing a ball
- Hoops
- Skipping ropes
- Elastic bands for French skipping

- A kick bike and different bicycles
- Scooters
- Plan of the garden, or yard at the day care centre
- Pictures for orienteering

In addition to the above-mentioned sports equipment, we recommend that you also use handmade sports equipment in the physical activity sessions, e.g.:

- Newspapers used as sticks, rackets and bats
- Textile shreds
- Cardboard boxes
- Milk and juice cartons
- Pillows
- Kitchen and toilet rolls
- Feathers

