



**EARLY YEARS PHYSICAL  
ACTIVITY WORKSHOPS  
2022/23**

**BOOK YOUR PLACE TODAY**



## Early Years Physical Activity: Active Travel

The workshop will provide ideas of how to promote an active travel topic and information on how to use road safety equipment and balance bikes with children who are under 5.

[Book Here](#)

**Date:** Tuesday 25th October

**Time:** 6:30pm-8pm

Green Towers, Hinckley

**Cost:** Free

## Early Years Physical Activity: Essential Physical Development

This unique course highlights the profound importance of physical movement as a foundation for a broad spectrum of development, including communication, language, emotional well-being, and healthy brain growth. It looks at the catastrophic effects of sedentary behaviour and shows us how we can engage and inspire children who do not move sufficiently during childhood.

[Book Here](#)

**Date:** Wednesday 2nd November

**Time:** 6pm-9pm

Park House, Glenfield

**Cost:** Free

## Early Years Physical Activity: Risky Play

This workshop provides information for practitioners on the importance of Risky Play for children in the early years. Exploring the endless benefits of Risky Play for physical development and emotional wellbeing, mental health, therapeutic and cognitive development.

During the session there will be opportunities to engage in play, get into the mind of a child and really have fun whilst understanding why Risky Play is essential for every child.

[Book Here](#)

**Date:** Thursday 10th November

**Time:** 6pm-9pm

Lutterworth Leisure Centre

**Cost:** Free

## Early Years Physical Activity: Messy Play Matters

How to promote an inclusive environment for all children through sensory play

[Book Here](#)

**Date:** Wednesday 16th November

**Time:** 6:30pm-8:30pm

Cosby Methodist Church, Cosby

**Cost:** Free

# Course details:

# Dates & Venues:

## Early Years Physical Activity: Generic Physical Activity

A workshop which will cover the basics of early years physical activity, to upskill on the CMO guidelines for physical activity and to give practical ideas on how to incorporate physical activity within your setting/organisation.

[Book Here](#)

**Date:** Tuesday 22nd November  
**Time:** 6:30pm-8:30pm

Online

**Cost:** Free

## Early Years Physical Activity: Mindful Movement

This workshop covers what is mental health, how we can support emotional wellbeing in early years, undertaking a creative emotional support activity, self-regulation HITT and mindful movement.

[Book Here](#)

**Date:** Monday 5th December

**Time:** 6pm-7:30pm

Melton Borough Council, Melton

**Cost:** Free

## Early Years Physical Activity: Music and Movement

Join in the fun at Kimble's Music and Movement: facilitating a toe tapping, foot stomping, thigh slapping, tummy tickling, instrument playing, lycra pulling, parachute waving, bottom wriggling, fun filled experience for both carers and children alike

[Book Here](#)

**Date:** Monday 12th December

**Time:** 6pm-9pm

Kimble's Music and Movement  
Studio, Swadlincote

**Cost:** Free

## Early Years Physical Activity: Supporting the physical skills of children with SEND

Looking at ways to teach and develop children's physical skills, making reasonable adjustments for children with physical differences or medical conditions, helping non-movers to move, making moving fun and is a pathway to school for children with physical/medical needs.

[Book Here](#)

**Date:** Tuesday 10th January

**Time:** 6pm-9pm

SportPark, Loughborough

**Cost:** Free

## Early Years Physical Activity: Generic Physical Activity

A workshop which will cover the basics of early years physical activity, to upskill on the CMO guidelines for physical activity and to give practical ideas on how to incorporate physical activity within your setting/organisation.

[Book Here](#)

**Date:** Tuesday 7th February

**Time:** 6:30pm-8pm

SportPark, Loughborough

**Cost:** Free

## Early Years Physical Activity: Working with Vulnerable Children

This life changing new course looks at how we support children who are struggling. If you have worked with a child who has low confidence, negative or aggressive behaviour or seems frightened by the world, this course is for you. A focus on Play, Nurturing and Curiosity gives a range of practical experiences helping children to find themselves again.

[Book Here](#)

**Date:** Wednesday 15th February

**Time:** 6-9pm

SportPark, Loughborough

**Cost:** Free

## Early Years Physical Activity, Health and Wellbeing Conference

More information TBC

**Date:** Saturday 18th March

**Time:** TBC

TBC

**Cost:** Free

[For information on all the workshops  
available, please click here](#)