



## EARLY YEARS PHYSICAL ACTIVITY WORKSHOPS 2024/25

**BOOK YOUR PLACE TODAY**



## Early Years Physical Activity: Rethinking Outdoor Spaces in the Early Years

Outdoor experiences provide valuable learning opportunities. In this session, we will cover key principles of effective outdoor practice and help practitioners create a vision for developing their own inspiring outdoor area.



Tues 10 Sept 2024



6:00-8:00pm



Online



Free

[Book Here](#)



## Early Years Physical Activity: The Power Of Play

This session covers how positive play can have the most profound effect on a child's emotional wellbeing and can help children to overcome emotional obstacles and develop confidence and self-esteem.



Tues 15 Oct 2024



6:00-9:00pm



The Hub, Syston  
LE7 1PD



Free

[Book Here](#)



## 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.



Tues 19 Nov 2024



6.30pm - 8.30pm



Hinckley Club 4 Young  
People, Hinckley LE10 0DZ



Free

[Book Here](#)



## 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.



Wed 22 Jan 2025



6:00-7:30pm



Online



Free

[Book Here](#)



## Early Years Physical Activity:

FOR PARENTS & CARERS

### Project Play

This unique session helps parents with a wealth of ideas and support for making play as positive as possible for their children. The course also highlights essential new information that every parent should know about play and how to help their children thrive.



Tues 11 Feb 2025



6:30-8:30pm



Online



Free

[Book Here](#)



## Early Years Physical Activity:

### Conference

A conference advocating how physical activity plays a vital role in the wellbeing of children under the age of 5. Inspirational speakers, interactive workshops and lunch are all included.



Sat 22 March 2025



9am-2:30pm



NSPCC Training Centre,  
Leicester, LE4 1EZ



Free

[Save the date! Booking link not opened.](#)

