

Statement of participation

Kostas Rammos

has completed the free course including any mandatory tests for:

Supporting physical development in early childhood

This free 18-hour course explored the benefits of physical activity and how it improves child mental and physical health development.

Issue date: 29 December 2023

www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification.
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:

<https://www.open.edu/openlearn/health-sports-psychology/supporting-physical-development-early-childhood/content-section-overview>

COURSE CODE: **SPD_1**

Supporting physical development in early childhood

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Course summary

Are you involved in caring for or educating babies and young children either as a practitioner in the workforce or as a parent/carer? In this free course, Supporting physical development in early childhood, you will learn how to ensure young children do enough physical activity and how it improves child mental and physical health development. As you explore the holistic health and developmental benefits of physical activity, you'll learn low cost, effective ways of ensuring babies and young children meet the 180 minutes per day of recommended activity. You'll also find out how physical activity can improve child mental health and wellbeing, as well as contribute to the prevention of childhood obesity. This course draws on research and expertise from academics from early childhood, sport and fitness at The Open University, Public Health England and Active Matters.

Learning outcomes

By completing this course, the learner should be able to:

- identify the importance of movement skills to the overall health, wellbeing and development of young children
- explore the relationship between physical growth and development
- describe the body systems and their relationship to moving and learning
- identify the appropriate physical/movement activities for each age and stage of development from 0-5 years
- explore how parents and practitioners can work together to support the physical development of all children.

Supporting physical development in early childhood

Completed study

The learner has completed the following:

Week 1

The growth and physical development of young children

Week 2

Body systems, senses and physical development

Week 3

Supporting the development of children's movement skills

Week 4

Movement and learning

Week 5

Physical development and play

Week 6

Health and physical development