



Every Child a Mover (ECaM)

Every Child a Mover (ECaM) is physical development programme that supports children with their movement and gross motor skills, fine motor skills and health and self care.

The ECaM programme is used at The Old Forge to encourage the development of children's skills through fun and interesting activities. ECaM activities are used to build on children's existing physical skills and explore movement to help to improve them, enabling them to become more able and confident in their movements.

These activities are linked to the Early Years Foundation Stage (EYFS) and support children by:

- Developing the way that they move on a large scale (gross motor movements)
- Developing their dexterity and movements on a small scale (fine motor skills)
- Supporting them to move in a variety of different ways
- Encouraging and supporting them to move with more confidence.
- Reinforcing self care techniques and supporting children to help themselves and take care of their own needs.

Staff at The Old Forge encourage children to move confidently and in a variety of different ways by modelling good movement with them. They also use a range of practical activities to develop these skills so that the children are using movement skills to the best of their ability.

Some of the fun things that we do:

- Music and movement
- Climbing
- Balancing
- Ball skills
- Play dough & modelling
- Yoga
- Scissor skills
- Threading
- Drawing & painting
- Snack time

