

*Learning together...*

**Curriculum Area:** Movement

**Recommended for:** 2 years plus

**Learning Activity:** Chair Spin

## Big Idea:

Balance and Coordination

## What to do:

Lay the child on their tummy on an office chair, arms and legs raised. Spin the chair slowly in one direction, then repeat in the other.

## Benefits:

The movement of spinning provides vestibular input to the body, which supports balance and coordination, as well as strengthening muscles, including those in the eyes. The physical position of laying on the tummy, with arms and legs raised also supports reflex development.

## Links to Early Years Learning Framework:

Outcome 1.1: Children feel safe, secure and supported

Outcome 1.2: Children develop their emerging autonomy, inter-dependence, resilience and sense of agency.

Outcome 3.2: Children take increasing responsibility for their own health and physical wellbeing

Outcome 4.2: Children develop a range of skills and processes such as problem-solving, inquiry, experimentation, hypothesising, researching and investigating.



*Photo by Laura Davidson on Unsplash*