Early Years Twilight Seminar

14 August 2019 video transcript

Video 13: Physical education in preschools

SUSANNE GARVIS: The Swedish model implements a lot of physical education. Spatial awareness, so movement and being – being aware of your own body, is considered the starting of early mathematics as well. So movement is encouraged as much as possible, and it's not only about gross motor skills outside, where the children are learning from their natural environment – climbing rocks, trees. It's also fine motor skills as well inside.

And I always find it really interesting because the – the Swedish philosophy is to go with the child. So if the child is capable of working with very small pieces, the Swedish team will go with it. There's not this idea that it could be a choking hazard or it is detrimental. The idea is if it's useful for the child's learning, implement it and let them play with small things. So one activity that is very common is for one and two year olds to work with small pins that they actually create designs out of in a pin board. And this is really, really important for the children to develop skills to then learn how to hold pencils later in their schooling. So the idea is that these fine motor skills are being developed sequentially from a very young age but also gross motor skills are being developed as well.