



# Department for Education



## MOVE, MAKE AND PLAY

### COURSE SUMMARY:

This course is aimed at helping parents/grandparents or carers understand how they can support their child/children's physical development; moving and handling, health and self-care. This course takes 8 or 10 hours to complete (four or five sessions of two hours).

### ENTRY REQUIREMENTS:

- You can join this course if you are a parent, carer or grandparent along with your child or up to 2 children aged 16 months to 3 years



**AWARD:**  
Unaccredited

### WHAT WILL YOU DO ON THIS COURSE?

- ✓ **Spend time** and interact together on a range of physical play activities and some mini food activities
- ✓ **Learn why** physical activities are important
- ✓ **Develop children's** physical development i.e. moving and handling, health and self-care
- ✓ **Explore activities** that you can try at home
- ✓ **Explore children's** learning through the early years foundation stage

### PROGRESSION FROM THIS COURSE:

We provide a wide range of courses that you can progress on to, to further develop your skills.

- Paper, Paint and Play
- Travel Together Through Books – Support Your Child
- Step Ahead in English, IT or maths in a school setting
- Community English or maths courses to gain a functional skills qualification



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FUTURE-S**  
Enhancing people's lives

**THE GATEWAY TO LEARNING IN YOUR COMMUNITY**