MATHS IN MOTION

Bright Little Stars Nursery

SESSIONS DESIGNED TO BUILD EARLY MATHEMATICS CONFIDENCE, THROUGH DANCE, GAMES & ACTIVE LEARNING.

Age group	Duration	Frequency
2–4 years	15 minutes	Weekly (indoors/outdoors)

WHAT CHILDREN LEARN

CHILDREN EXPLORE EARLY MATHEMATICS THROUGH MOVEMENT & PLAY. PRACTISING:

- COUNTING & NUMBER WORDS
- PATTERNS & SEQUENCING
- SHAPES & SPACIAL AWARENESS
- COMPARING & MEASURING LANGUAGE (LONGER, SHORTER, FASTER, SLOWER)
- BALANCE, COORDINATION & CONTROL

WHAT A SESSION LOOKS LIKE

- WARM-UP: GENTLE MOVEMENT WITH COUNTING PROMPTS
- MAIN ACTIVITY: 1–2 FOCUSES (E.G., COUNT-TO-THE-BEAT, PATTERN DANCE, SHAPE & SPACE DANCE)
- COOL-DOWN: SLOW STRETCH & QUICK REFLECTION

WHAT YOU MIGHT SEE YOUR CHILD DOING

JUMP 2 TIMES, CLAP 3 TIMES, SPIN 1 TIME • HOP TO NUMBER SPOTS • MAKE BODY SHAPES (CIRCLE/TRIANGLE) • FOLLOW A SQUARE PATHWAY WITH FLOOR MARKERS • BUILD ROUTES, RAMPS & TOWERS WITH LOOSE PARTS • TAKE "5 BIG STEPS" & "10 TINY STEPS" & COMPARE WHICH IS LONGER.

Try it at home:

· Count everyday movements: 3 jumps, 5 steps, 2 claps.
· Make a simple pattern: clap–clap–stomp, then repeat.
· Spot shapes on walks & in books.
· Compare: bigger/smaller, longer/shorter, faster/slower.
· Keep it light, playful & led by your child.

KEY MESSAGE:
MATHEMATICS ISN'T SOMETHING CHILDREN ONLY 'SIT DOWN & DO', IT'S SOMETHING THEY LIVE. WHEN WE LEARN THROUGH MOVEMENT, EVERY JUMP, SPIN AND BUILD COUNTS.