



eEMP

Early Essential Movement Patterns

overview



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SAQ[®]
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World Leaders in the Benefits of Human Movement



eEMP
Early Essential
Movement Patterns

one day award

a practical, interactive course
delivering real skills for everyone





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Outline

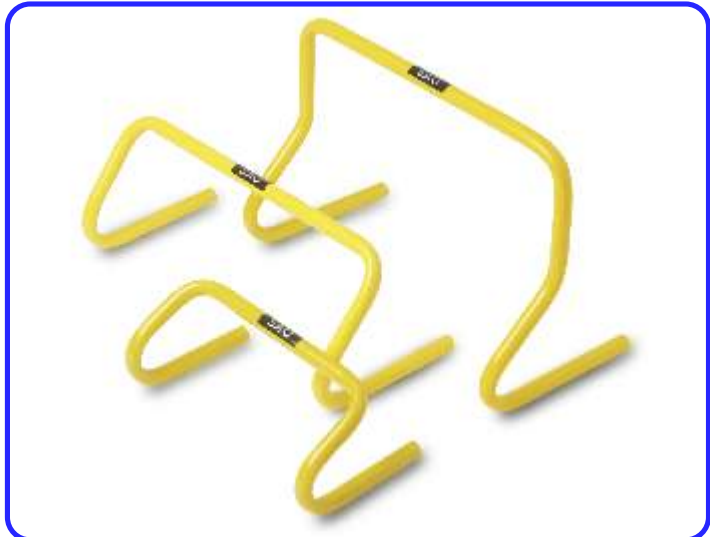
- The development of the brain is dependant on the quality of physical activity and movement in the first few months and years of life.
- To accomplish the basic task of 'wiring up' the brain and the body, five movement patterns should be learnt by children so they develop an understanding of opening and closing / top and bottom / front and back / left and right / both sides of the body working independently.
- There is substantial evidence that if a typically developing pre-school child performs all of these patterns they will be ready for formal learning and all that a school offers.

Although these skills are different and the mastery of one does not guarantee a similar mastery of another at the same stage, the importance of gaining an understanding of all seven senses, especially balance and proprioception will ensure children develop normally.

If Developmental Movement is not addressed at this point it will limit future potential learning.

Aims

- To help prepare teachers, and those involved in working with children 4 – 7 years old with knowledge and practical skills in SAQ® Early Essential Movement Patterns Training.
- To assist practitioners working with young children, so as to develop the five vital movement patterns.
- To provide knowledge of important issues that can affect children's early development.
- To introduce the eEMP® mat based movement patterns and show how a daily intervention programme can have a dramatic effect on children's movement skills, self-confidence, behaviour and other learning like improving hand writing.
- To demonstrate how the eEMP® programme can underpin all PE lessons and Dance lessons.
- To ensure that important safety points are considered when using the programme.



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Assessment

- Multiple-Choice Questionnaire (open book)
- Video analysis of movement

Status

- REPS 8 points for course + 2 for Home Study = 10
- Dyspraxia Foundation endorsed
- Special Olympics GB endorsed
- World SAQ Qualification Organisation Level 2 + endorsed by Sport Specific Skill Acquisition Association.

Does It Work?

At Captain's Close Primary School in Leicestershire where the eEMP intervention has been used for the last two years, the progress of children in Foundation has been monitored closely.

Children have shown significant improvements in academic ability, behaviour and physical prowess.

The average EYFS scores for Physical development have increased from 3.2 to 4.2 and some individuals have made dramatic improvements from 1 to 7 and 8 by the end of the year.





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The Early Essential Movement Pattern Continuum

1. The importance of listening
2. Spinal pattern – back/front essential movement pattern
3. Homologous – upper/lower essential movement pattern
4. Homo lateral – one sided essential movement pattern
5. Cross lateral – both sided essential movement pattern
6. Core Distal Pattern – opening & closing essential movement pattern
7. Transition to upright functional movement





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Who should attend?

- Teachers
- Teaching assistants
- Coaches and
- Parents
- Plus anyone with a keen interest in improving movement and learning ability in children.

NB REPS registered delegates should have a Level 2 Physical Activity for Children Award as a prerequisite.

Feedback:

"The course was extremely thought provoking and inspiring. Teachers signed up for the course because they were aware of physical development issues with a number of children in their school – they left the course with simple but effective methods of how to address their children's needs and a desire to implement the eEMP Award as soon as possible." Colette Maynard. PE Adviser, Worcestershire

"Excellent award, would recommend to anyone working with children in early years" Nick Robb, PDM Nottingham City, (North)

"The course has re-kindled my belief that many learning difficulties have underlying physical causes and has confirmed my own observations that these problems are shockingly on the increase! Action is needed! Thanks for an inspiring day." Delegate eEMP Award Nottingham

"Met my expectations fully and excellent feedback from all of my schools". Extended Schools Coordinator

"A very thought provoking course, with resources that mean it can be implemented very easily" Delegate eEMP Award Great Malvern





A brief introduction to: Speed, Agility, Quickness International

During the past 20 years SAQ® International have developed a number of ground breaking movement based training programmes placed locally and nationally. The programmes meet with approval and success, linking sports clubs, schools, community organisations and families. This positive effect on personal and community development leads to:

- Elite Sports Performance
- The Development of Gifted and Talented Youngsters
- Achieving Fundamental and Developmental Movement Targets Within the Educational System
- Community Physical Activity Levels Reducing Obesity, Diabetes and helping with its Prevention
- General Health and Healthy Eating Special Educational Needs
- Early Developmental Movement (Early Years Intervention Programmes)

how we've done it ?

SAQ® Training programmes are continually developed through independent and quality assured, evidence based processes using nationally recognised training awards and packages, the provision of first class resources and the supply of practical, functional equipment and expert hands-on consultancy.

Programmes have been designed so that they are cost efficient, sustainable and effective over short, mid and long term periods, resulting in maximum impact at a minimum cost.



and who likes it *

"SAQ® sessions were a popular 'change' and appear to offer a relatively intense mode of physical activity which compares most favourably with other traditional PE curriculum areas."

"The use of SAQ® sessions may well prove to be useful in engaging children in health promoting physical activity."

"The introduction of 'fun' circuit classes, in conjunction with SAQ® equipment provides an excellent vehicle to deliver bouts of vigorous exercise for children."

* Evidenced Based Research - 44 primary schools, 882 children evaluated by Durham University UK.





PSM One Day Training Award

The **Performance Sport Movement Award** provides coaches, trainers, teachers, parents, and those involved in all sports, recreational physical activity, health & fitness and physical education with knowledge and practical skills in SAQ® PSM Training.



eEMP One Day Training Award

The **Early Essential Movement Patterns Award** helps prepare teachers, and those involved in working with children 4 – 7 years old with knowledge and practical skills in SAQ® Early Essential Movement Patterns Training.



FM One Day Training Award

The **Fundamental Movement Award** provides teachers, teaching assistants, coaches, and parents, and those involved in physical education, sports coaching and recreational physical activity with knowledge and practical skills to apply SAQ® FM Training to the 4 – 14 year age group.



SEM One Day Training Award

The **Special Education Movement Award** provides teachers, teaching assistants, parents, physical education, sports coaching and recreational physical activity with knowledge and practical skills to apply SAQ® SEM Training to children with learning and movement difficulties.



JAM One Day Training Award

The **Jab and Move Award** is a one day Award which is designed to develop boxing specific movement patterns and skills. It uses a continuum of movement, eye hand coordination skills, integration of boxing gloves and specialised equipment plus the introduction of the Audio Response Workout. This is ideal for coaches, trainers, boxing enthusiasts and health and fitness professionals.



SBW One Day Training Award

The **Suspended Body Weight Award**. The SBW Suspended Body Weight Training Award provides fitness trainers, strength and conditioners with the theory, practical knowledge on this revolutionary training method. Incorporating Suspended Body Weight MiloKit. The Award demonstrates how to train whole body stability, develop multi angled strength and power in a practical effective programme.



BR One Day Training Award

The **Body Rewire Award** – This Award has been specially designed to help those who work in health and fitness, sport and general physical training programmes to re-energise and reintroduce movement techniques that may have been lost due to injury, inappropriate training and age. This focuses on rewiring the neuromuscular system using a whole range of ground based movement patterns that are essential for the neuromuscular system.



Sports College: Distance Learning Diploma

The Sports College: Online Learning Diploma – There is a whole range of online distance learning Diplomas catering for sports such as: rugby, tennis, football, Gaelic. Also included is Athletes First 20 years Development and Team Management. You receive comprehensive information, lectures, support. These are recognised as some of the best online sports diplomas available.



International Diploma: Distance Learning.

The SAQ® I Diploma is a fully Distance Learning Award which provides status of SAQ® Advanced Trainer. The course is six months in duration and provides a sound theoretical basis with a fully practical experience. Students design and practically implement an eight week training programme delivered to any population group of the student's choice.