

## What does a movement-rich environment provide?

- Space to run without obstruction
- A variety of surfaces: soft, hard, loose, uneven or bumpy
- Different levels: high up and low down
- Gradients: slopes and steps
- Interconnecting pathways with variety and challenge built into them
- Vertical surfaces: for aiming and bouncing
- Raised surfaces to balance along and jump off
- Stepping stones
- Things to clamber and climb over, under and through
- Places to dig and fill: sand, soil, gravel
- Lots of things to lift and carry: some need to be heavy
- A wide variety of wheeled vehicles, including carts and wheelbarrows
- Lots of flexibility and opportunity for moving and modifying
- Multi-sensory resources that stimulate across the senses and support sensory integration
- Comfort and places to retreat from activity and to rest