



Exercising Muscles and Minds

By Marjorie Ouvry

Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, Exercising Muscles and Minds, Marjorie Ouvry, Focusing on outdoor play with three to five year olds, Exercising Muscles and Minds is the bestselling guide to planning for learning outside throughout the year. Challenging the assumption that playing out of doors is an 'optional extra' that happens only on sunny days, it describes how to plan for outdoor play as part of a whole curriculum. In simple, accessible chapters it explains why outdoor play is so important, how to overcome limited access to outdoors, how to prepare an outdoor learning environment and skills for teaching outdoors. Full of case studies and ideas for activities, equipment and resources, this practical guide is full of useful guidance for working outdoors with young children - whether in largest of green areas or the smallest of back yards.



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