

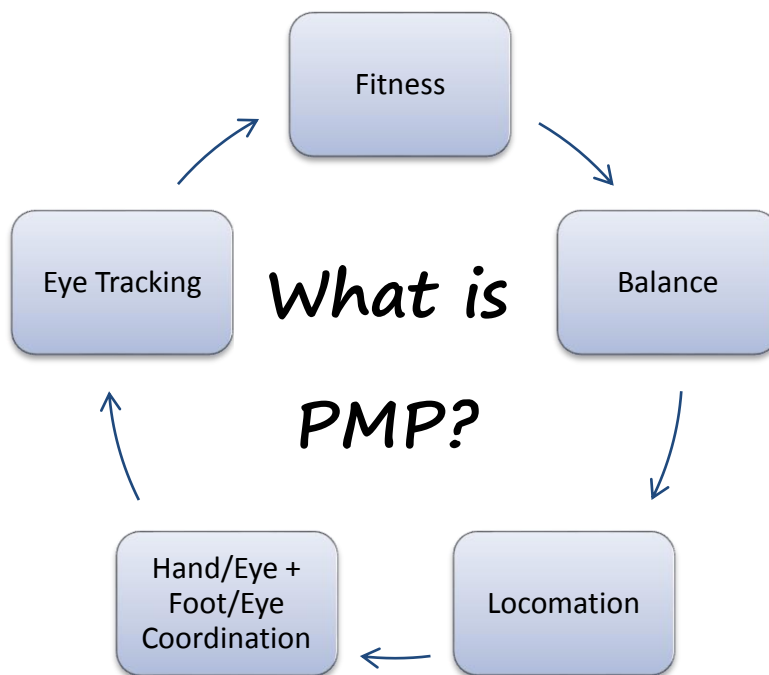
# PMP



PMP is part of the fitness programme we run for Year 0/1 children. PMP stands for **Perceptual Motor Programme**.

PMP works to develop childrens **physical motor skills** that provide the foundations necessary for success in reading, writing and mathematics.

Children work in little groups to complete **sequential movement activities** across different stations.



## Why do we need your help?

PMP sessions are about **talk** and **movement**. To make each station work effectively we need adult helpers who talk and interact with the children, showing them the correct movements **safely**. Adult helpers aim to increase children's language by asking them to express their experiences in their own words as well as introducing new language.

