Figure 1. How the Early Years Program supports the EYLF and the Australian Curriculum



The Early Years Program is a neurodevelopmental movement program. The impact of the program is foundational and holistic - enhancing children's capacity for learning and development through a series of integrated and reciprocal effects.

Children complete the Early Years Program activities for approx 15 minutes each day. Activities include:

- body/spatial awareness activities
- · motor skills activities
- reflex integration activities
- proprioceptive activities
- · vestibular activities

Enhanced Sensory and Motor Systems Enhanced motor skills (including balance and

(including balance and posture)



Enhanced body/spatial awareness



Enhanced proprioceptive function



Enhanced vestibular function



Enhanced reflex integration

Enhanced Executive Function, Self-Regulation and Higher Cognitive Skills

Enhanced higher cognitive capacity (e.g. literacy and numeracy)



Enhanced Executive Function (e.g. focus and concentration)



Enhanced self-regulation / social-emotional skills

Learning is more effective

- Enhanced academic performance
- Enhanced
 School-Readiness
- Enhanced well-being and confidence

Specific EYLF Outcome Areas Supported

EY 3 Wellbeing

EY 2 Connected

EY 3 Wellbeing

EY 4 Confident and Involved Learners

EY 5 Effective Communicators

Specific ACARA Learning Areas (LA) and General Capabilities (GC) Supported LA - Health and Physical Education

GC - Personal and Social Capability

GC - Critical and Creative Thinking

Ultimately, the program contributes to the support of all EYLF Outcome Areas and Australian Curriculum Learning Areas and General Capabilities.