



Proprioception

The Body's GPS System

Windsor Nursery
School

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Children aren't born with this sense—they learn it through

MOVEMENT

Through movement they construct their own body map and learn their body design and how the parts work

How to help this sense develop

MOVEMENT

Pushing, pulling, emptying and filling, moving heavy and awkward objects



What does the sense of proprioception do?

It provides the brain with information about ..

Body awareness

Where each part of the body is and how it is moving

Spatial awareness

Where our bodies are in space and where our body parts are without looking

Strength management

how much energy we need for a job at hand—to pick a flower or to roll a big tyre

Our muscles and joints

It is sensed by our inner ear, muscles and tendons



When children have this body confidence through a strong proprioceptive sense it leads to well co-ordinated movement, emotional well being and positive self esteem