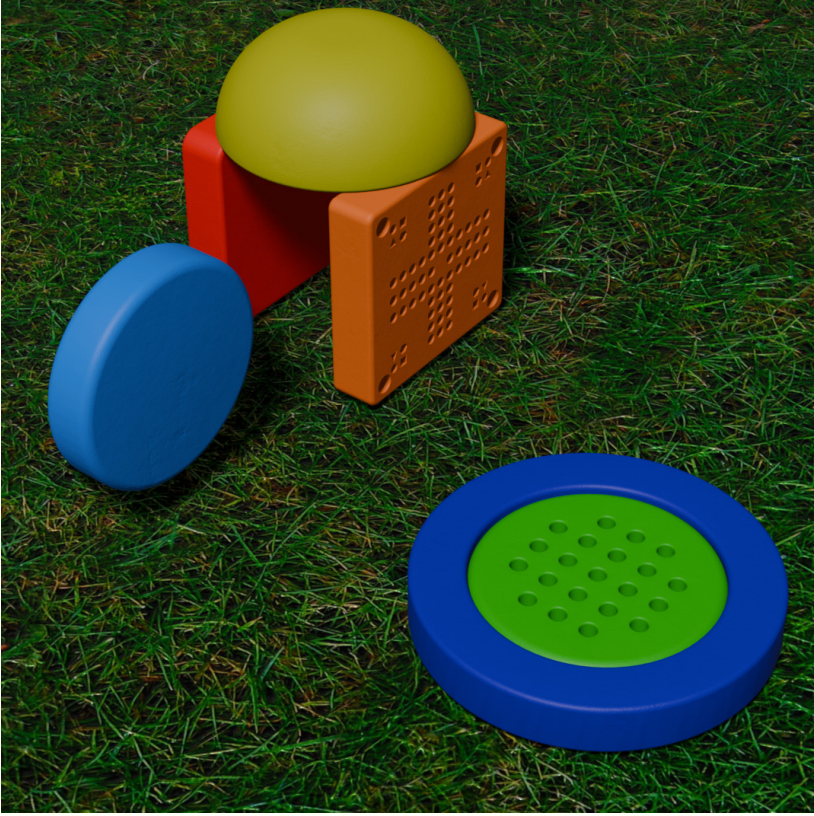


A Healthy Future Starts With Movement

Supporting motor skill development in a critical phase of early childhood

Movemates is designed to encourage children aged 3-6 to engage in open-ended, playful and safe movements.



Problem

Motor skill development in young children in the Netherlands is declining. Increased screen time and reduced outdoor play contribute to lower physical activity levels, weakened muscle tone, and poor coordination, which can impact long-term health, learning and social participation.

Design Goal

Movemates aims to design a play-based product to improve motor skills, to be used in different settings by children ages 3-6, both alone and with others.

Movement Goals

- Balance
- Coordination
- Ball control
- Fine motor skill
- Movement variety



Activities



Stepping Stones



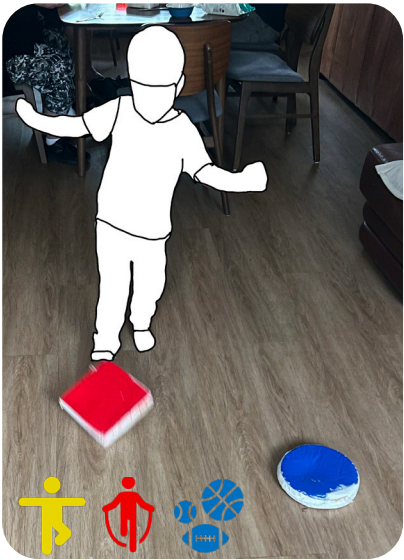
Aiming



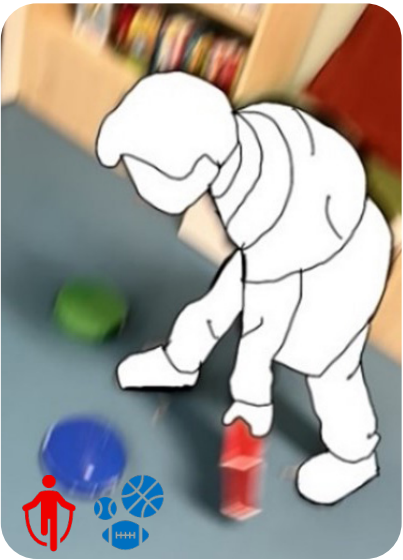
Throwing



Balancing & Inserting object



Kicking



Object control

Instruction Cards

● Avontuur

The floor is lava

Cooördination & Balance

Don't touch the ground and move forward

Outside

Inside

Game tip

Every now and then shout 'Lava!' and count to three, then you all have to stand on a Movemate!

Try to get across the room without touching the ground

Material tip use:

- Movemates
- All kinds of objects that help avoid touching the ground directly.

Final Design

