



**Outdoor Play And Learning
Welcome**



Do we know it works?



OPAL is a UK and world leader in supporting schools improve the quality of children's play

Our mission is for every primary school child to have an amazing playtime, every day ... no exceptions!

Our delivery

- ✓ 15 Mentors provide advice and support across England
- ✓ Over 500 UK schools and over quarter of a million children have benefited
- ✓ Projects in Canada, New Zealand, Australia, France and Poland
- ✓ Expansion to many more schools funded by a quarter of a million pound grant from Sport England and the National Lottery 2020

Citations

- National Children's Bureau
- Public Health England
- All Party Parliamentary Group on Childhood
- Cambridge University PEDAL (Play Education Development and Learning)
- Sport England



Outdoor play in primary schools



2018 European Winners

Active School Programme Awards



CREATING EXCELLENCE
IN PRIMARY SCHOOL PLAYTIMES

HOW TO MAKE 20% OF THE
SCHOOL DAY 100% BETTER

Michael Follett



THE NATIONAL LOTTERY



SPORT ENGLAND



Erasmus+



Our aim at SRS



**Amazing playtimes,
for every child,
every day**



Childhood has changed... children have not!



Let's think play.....10
years old.
Where were you,
who were you with,
what were you up to?



How does this meet the needs of children?



For a good quality of life...what do children need?

We are the gatekeepers of children's experience: we control , restrict or provide access, permission, time, space, and opportunities.



Integration



- New friendships
- Inclusion
- Social Skills
- Non-judgemental
- No age restriction
- No Gender bias

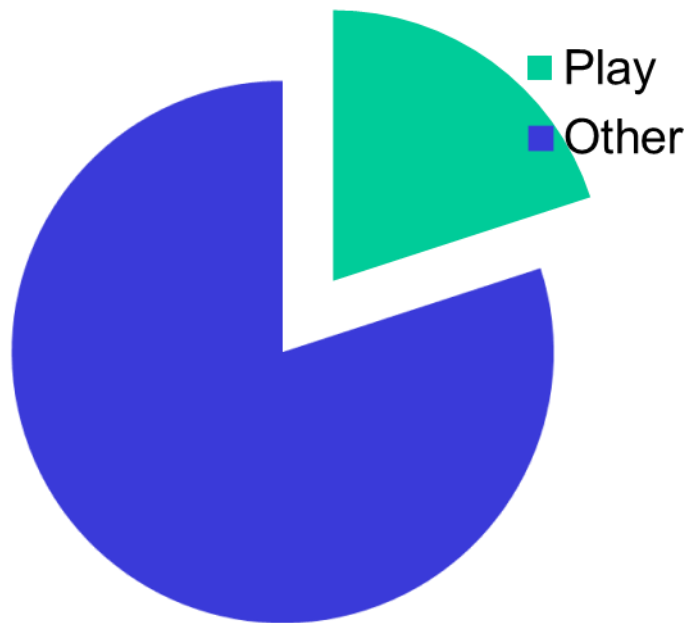
Why not? No age restriction or gender bias



Why is this so important?



Play makes up 20% of school life



Per Year

231 hours

37 days

7.4 weeks

Primary Years

1.4 years

Changes to Childhood



Traffic

Culture of fear

Obesity

Mental health
Problems



Working Parents



No ball games

Lack of
Resilience

Structured lives



Technology

Childhood has changed... Children have not



UK Children screen time average 6 hours per day

Resilience and emotional regulation



Children build resilience by overcoming challenges and fear

Resilience isn't a biological gift from great parents

It is something we need to gain through experience



Reminder...



What is play?

Play is a process that is...
Freely chosen

Intrinsically motivated

Self –directed by the child



Benefits of Play



- strength and endurance
- whole body co-ordination
- emotional attachment
- emotional and social skills
- hand-eye co-ordination
- thinking, reasoning, problem-solving and creativity
- early language development
- self-regulation – emotions, actions
- mental representation
- communication skills
- literacy
- numeracy
- artistic creativity
- narrative skills
- social and group work skills
- understanding rules
- social skills
- discussion skills
- resilience

Health benefits for all of the family



Exercise
Family Time
Fun
Improved
Mental Health
Fresh Air
Relaxation
Feel good factor



Parent's Resource Bookits free and full of great ideas!



We don't always get it right!



HINDERS

- Be careful
- You're going to hurt yourself
- That's too big for you
- Passes on own anxiety
- Distracts child from engaging in certain play types
- Adulterates play –gets over involved/excited
- Over competitive
- Allows child to always win



HELPFUL

- Supportive
- Models behavior
- Follows child's direction
- Provides resources
- Thinks about when to intervene
- Waits to be invited
- Observes
- Learns and Reflects

Awareness allows us to make the changes we need to support a child.

**CHILDREN'S PLAY AND LEISURE – PROMOTING A BALANCED APPROACH
SEPTEMBER 2012**

Key message:

'Play is great for children's well-being and development. When planning and providing play opportunities, the goal is not to eliminate risk, but to weigh up the risks and benefits. No child will learn about risk if they are wrapped in cotton wool.'

STRIKING THE RIGHT BALANCE MEANS

- Weighing up risks and benefits when designing and providing play opportunities and activities
- Focussing on and controlling the most serious risks, and those that are not beneficial to the play activity or foreseeable by the user
- Recognising that the introduction of risk might form part of play opportunities and activity
- Understanding that the purpose of risk control is not the elimination of all risk, and so accepting that the possibility of even serious or life-threatening injuries cannot be eliminated, though it should be managed
- Ensuring that the benefits of play are experienced to the full

How SRS is developing play



POLICY/PLANNING

- We are making sure improving play is always part of our planning

IMPROVE SPACE/ACCESS

- Children will be able to access a great environment all year

RISK BENEFIT APPROACH

- We will balance challenge and exploration with sensible care

KNOWLEDGE

- Our staff will use playwork skills to improve our practice and the environment

COMMUNICATION

- We will keep talking to children, parents and staff about play



Creating sustainable change in culture and practice



PARK

RAPID



Risk- benefit

- Identifying serious and common risks and balancing challenge and exploration with care.

Assemblies

- Regular assemblies where risk management is discussed

Policy

- Play policy in place, approved by Governors and supported by HSE

Inspection

- Our staff constantly inspect the play environment to keep it free of hazards

Dynamic Risk Assessment

- Trained, vigilant staff who are aware of risk and support children to access play safely.



Creating sustainable change in culture and practice



PARK

OFSTED and OPAL



Resilience, Perseverance, Determination and Grit

Skills for life

Character building skills and opportunities

The impact of OPAL



More physically active more of the year



Developing life skills – resilience, competence



Risk management skills, Improved decision making



Social skills, team building, negotiation



Improved mental health and well-being



100% girls more active



Huge core skills improvement



Improved behaviour



Less accidents, incidents and winging



More inclusive
No child bored, or feeling left out



Increased learning time –
More settled and ready to learn



Cost saving –
SLT and Teachers time

The Awards



65-74%



75-84%



84-100%



We still need your help



Thank you...please keep sending in resources for playtime

Upcycled Loose Parts



Baking Pans



Cake Moulds



Ice Cube Trays



Kitchen Tools



Measuring Spoons



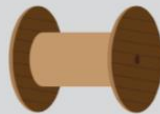
Pots & Pans



Strainers



Baskets



Cable Spools



Cardboard Items



Cones



Containers



Corrugated Pipes



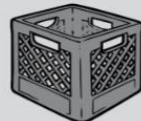
Dress-Up Items



Fabric



Funnels



Milk Crates



Nets



Old Electronics



Pool Noodles



PVC Pipes



Rolling Carriers



Ropes



Shovels & Spades



Sinks & Tubs



Tarps



Tires & Wheels



Wooden Planks






Thank you

For supporting your child's school as they progress on their OPAL journey

Please CONTINUE to provide resources if you can

 The future of play here is very exciting.



UNCRC Article 31

Every child and young person has the right to rest, play and leisure.