



Active Play

For School Aged
Children



Contents

Introduction to Active Play

Active Play Outcomes and how they are achieved

Active Play benefits: CofE outcomes for Health and Wellbeing,
UN development goals and bridging the Attainment Gap

The Delivery Model- How it works on the ground

How much will this cost?

Contact Us

Page 3

Page 4

Page 5

Page 7

Page 8

Page 8

Introduction to Active Play

The Active Play model runs for approximately 15 weeks and is targeted at primary age children. It is a combination of semi-structured games and unstructured free play, delivered outdoors by local play specialists and supported by teaching/support staff, parents and carers. The programme is designed to complement Active Schools Co-ordinators thereby maximising impact of available resources.

Active Play is simple. It boosts physical activity in children and helps them to learn and develop skills through playing physically active games and taking part in unstructured play outside.

Active Play is not just a nice idea. By increasing children's physical activity levels, Active Play boosts children's development and contributes to raising attainment.



Active Play Outcomes and how they are achieved

The key outcomes from the programme are:

1. Children are more physically literate
2. Children are more physically active
3. Teaching/support staff have increased understanding of the Active Play Programme
4. Teaching/support staff are more confident and committed to facilitating fun and inclusive Active Play in their school

And the programme model achieves these outcomes through:

1. Building the skills and confidence of play sector charity partners to deliver more physical activities.
2. Building the awareness and understanding of teaching/support staff of the benefits of physical activity and supporting them to build the skills, confidence, and capacity to facilitate more physical activity.



Active Play benefits: CofE outcomes for Health and Wellbeing, UN development goals and bridging the Attainment Gap

The CofE outcomes for Health and Wellbeing to Support Attainment



Physical Wellbeing

- I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.
[HWB 0-15a](#) / [HWB 1-15a](#) / [HWB 2-15a](#) / [HWB 3-15a](#) / [HWB 4-15a](#)
- I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.
[HWB 0-16a](#) / [HWB 1-16a](#) / [HWB 2-16a](#) / [HWB 3-16a](#) / [HWB 4-16a](#)

Movement skills, competencies, and concepts

- I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space. [HWB 0-21a](#)
- I am developing my movement skills through practice and energetic play. [HWB 0-22a](#)
- I am developing skills and techniques and improving my level of performance and fitness. [HWB 1-22a](#)
- I practise, consolidate, and refine my skills to improve my performance. I am developing and sustaining my levels of fitness.
[HWB 2-22a](#) / [HWB 3-22a](#)

Cooperation and competition

- I am aware of my own and others' needs and feelings especially when taking turns and sharing resources. I recognise the need to follow rules. [HWB 0-23a](#)
- I can follow and understand rules and procedures, developing my ability to achieve personal goals. I recognise and can adopt different roles in a range of practical activities. [HWB 1-23a](#)

- While working and learning with others, I improve my range of skills, demonstrate tactics, and achieve identified goals. [HWB 2-23a](#)

Evaluating and appreciating

- By exploring and observing movement, I can describe what I have learned about it. [HWB 0-24a](#)

Physical activity and sport

- I am enjoying daily opportunities to participate in different kinds of energetic play, both outdoors and indoors. [HWB 0-25a](#)
- Within and beyond my place of learning I am enjoying daily opportunities to participate in physical activities and sport, making use of available indoor and out door space. [HWB 1-25a](#)
- I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic physical activities of my choosing, including sport and opportunities for outdoor learning, available at my place of learning and in the wider community.
[HWB 2-25a](#) / [HWB 3-25a](#)
- I continue to enjoy daily participation in moderate to vigorous physical activity and sport and can demonstrate my understanding that it can:
 - contribute to and promote my learning
 - develop my fitness and physical and mental wellbeing
 - develop my social skills, positive attitudes, and values
 - make an important contribution to living a healthy lifestyle.
[HWB 4-25a](#)

Social Wellbeing

UN Rights for the Child - Article 31 protects and promotes a Child's right to play: -

"That every child has the right to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts."

And this links directly to elements of the 'social wellbeing' under the curriculum outcomes for example: -

- As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others. HWB 0-09a / HWB 1-09a / HWB 2-09a / HWB 3-09a / HWB 4-0

Scottish Attainment Challenge

Closing the equity gap is vital so to enable every child to develop the attributes, knowledge and skills they will need to flourish in life, learning and work.

Through Active Play, children will become more active during school hours. Research shows that this will improve children's concentration, enable them to form better relationships with peers and staff as well as improving their creative thinking and communication skills. In addition, improving their physical literacy will increase confidence and a sense of achievement.

Outdoor active play will allow children to lead, see and make sense of the world, learning to share and give and take, learning to respect themselves and others. And by building a connection with nature will also enable children to become responsible citizens.

'[Participation in Active Play] translates into positive outcomes in the classroom including improved focus, minimised disruptive behaviour and improved academic performance.' Active Play for Attainment, September 2022

"They are much more willing to try new things without worrying about failure; now they are saying: 'I can do this.' There was little resilience before,"

Class Teacher

"The change in their confidence and behaviour has been amazing. Using their imaginations together and forming close friendships has been observed," **Class Teacher**

"Before, pupils might talk to me about limited things, but we all had a lot more conversations because of Active Play sessions. This has helped me to engage reluctant learners and helped them become more involved in class lessons because I have more insight into what they enjoy and what motivates them."



The Delivery Model – How it works on the ground

Led by Inspiring Scotland, our partners work as a team with each member having clearly defined roles:

- Inspiring Scotland's Fund Manager provides leadership, coordination, programme evaluation, charity selection, contract management and partner support.
- Our partner, Actify, manages the induction and ongoing CPD with schools and provides the charities with CPD to deliver quality Active Play sessions. Actify has also developed an excellent online resource www.actify.org.uk/activeplay which provides setting adults with additional tools for delivery.
- Our charity partners are trusted local community-based charities. The play workers have an invaluable insight into the needs of our children. They act as trusted ambassadors and enthusiastic role models, confident in working in schools, nurseries and communities with families and children.



Evaluation and Quality and the online resources run through all elements of the programme

Training every programme begins with training for the charity Active Play leads and their delivery staff.

School Induction when schools involved are finalised an induction session is arranged to provide the teaching/support staff, parents and carers with an overview of the programme.

Meet and Greet once the school lead understands more about the programme, in most instances, an initial meet and greet session is arranged by the charity to meet the children they will be working with.

Delivery sessions are delivered with a group of children for a minimum of one session per week for 15 weeks. The duration and frequency of delivery will be agreed with the relevant local delivery partners. During the delivery period, a CPD session will be arranged with a school or group of schools to provide teaching/support staff, parents and carers with additional support and resources.

Review Sessions the programme concludes with a review session with the delivery charities to discuss what progress has been made, what could be improved and what the plans are for the next phase of work.

Evaluation and Quality assurance run through all elements of the programme and you will be provided by support from Inspiring Scotland and Actify to collect and submit the data required.

Online Resources are available to support all elements of the programme. These are hosted on www.actify.org.uk within the designated Active Play Hub that is being updated on a regular basis to support Active Play leads to deliver all programme elements and share with setting adults to increase their knowledge of the programme.

How much will this cost?

Active Play is a 15-week programme. Each participating school will receive 3 CPD sessions for up to 15 staff and access to the online Active Play Hub and supporting resources. Ongoing support is also given by Inspiring Scotland to build legacy and ensure sustainability. We offer a Local Authority package to deliver Active Play to an agreed number of schools across an academic year. Alternatively, we can offer an individual school option. Please contact us to discuss requirements and a quote.

Contact Us

Active Play is proven to be effective in supporting children's health and wellbeing and their cognitive and emotional development. It is easy and inexpensive to implement. Importantly, it is fun and children readily engage with it.

We look forward to working in partnership with you and your schools and further supporting your efforts to improve pupils' health and wellbeing and attainment through Active Play's innovative, creative and playful approach. We are confident that we can meet the challenges ahead and are excited to partner with you in delivering an effective, efficient and pro-active programme.

Email thrive@inspiringscotland.org.uk

Twitter: @Thrive_Outdoors

Facebook: @ThriveOutdoorsScot





INSPIRING SCOTLAND

Thrive
outdoors
For a sustainable Scotland, where our children and young people can play, learn and thrive outdoors

active
play

Inspiring Scotland Registered Suite 2, 14 New Mart Road, Edinburgh, EH14 1RL.
Inspiring Scotland is A Company Limited by Guarantee registered in Scotland, No. SC342436, and a registered Scottish charity, No. SC039605.