

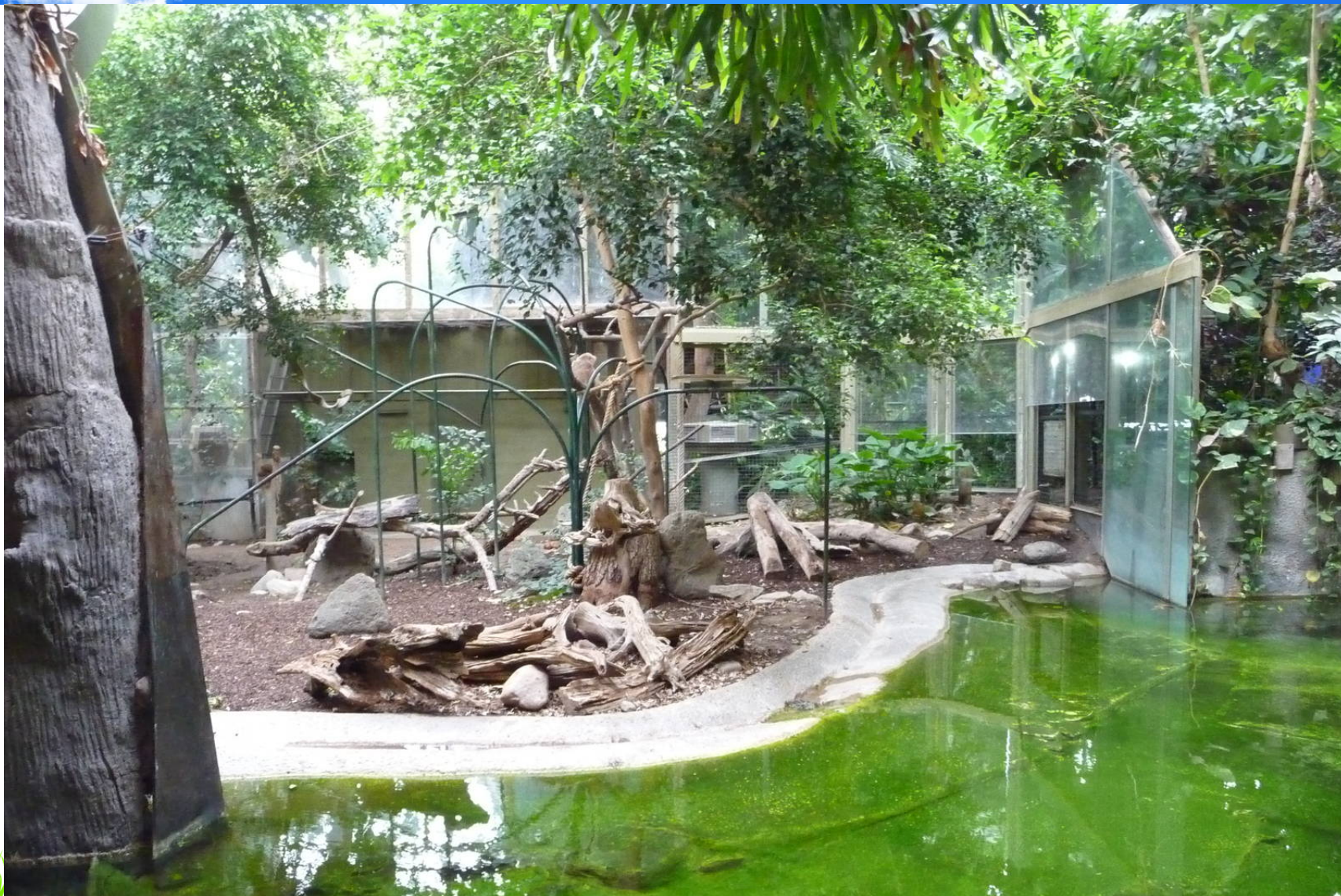


Why Play
...has the answer

Michael Follett



Toronto – Great Ape Enclosure



London – Great Ape Enclosure



68. Prisoners, including inpatients, those on the basic regime and those in segregation, are able to spend at least one hour in the open air every day. **NO**

The following indicators describe evidence that may show this expectation being met, but do not exclude other ways of achieving it.

- NO** • Exercise areas are big enough, are attractive and have adequate seating and equipment.
- NO** • Waterproof coats are available.
- Prisoners do not have to choose between access to the open air and other important regime activities.
- NO** • Prisoners understand that time in the open air is important to their mental and physical health.
- NO** • Outside exercise is only cancelled in extreme weather conditions.

Animal Welfare Act 2006

The Animal Welfare Act is a piece of legislation which aims to ensure that animals are not mistreated by humans, whether through improper care or sheer cruelty.



1. A suitable diet **Thanks Jamie**
2. Ensuring that the animal exhibits normal behaviour patterns **No**
3. A suitable environment **No**
4. Housing with or without other animals
5. Protection from suffering, disease and injury

Better in the



Since 1995 breaktimes have been reduced by an average of 45 minutes per week for the youngest children in school
Blatchford and Baines (2019) KS1



Childhood in 2019



Recommendation

Children should have
three hours active
outdoor play a day
WHO 2019

Recommendation

Max screen time per
day for over 2s, 1
Hour
WHO 2019



Reality

Average UK child
outdoor play 5 hours a
week
Play England 2017

Reality

Average UK child
screen time 6 hours +
class time
Childwise 2019

Evidence Based



In stark contrast to £2 billion on sport and PE, play has had virtually no public policy profile or investment since 2011

This £2 billion has produced no sustained improvement in activity

BBC

REALITY CHECK

Since 2011-12, this survey has asked a number of questions about the impact of the London Games, including whether hosting the Olympics encouraged respondents to take part in sport.



In 2015-16, nearly 70% of the five- to 10-year-olds answered: "Not at all."

Equality and Effectiveness



Our observations
from working in
hundreds of primary
schools is that the
greatest
beneficiaries of the
Sports Premium are
sporty boys





What works?



Active, happier playtimes for **half**
a **million** children

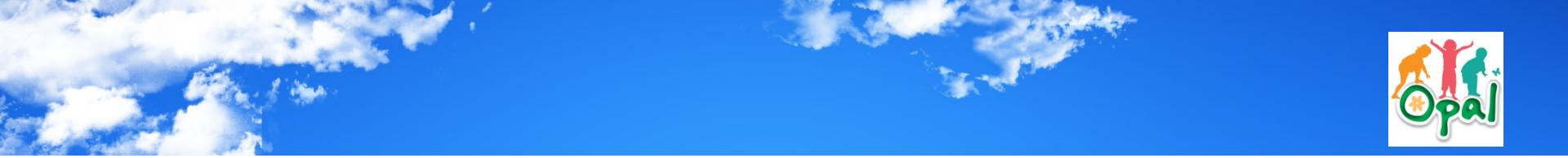


We combine...

School
Improvement

Teaching

Playwork



Culture Change



Natural Behaviour



Ask not what your
children can do for your
project ask what your
project can do for your
children.

John F. Kennedy



DANCE FIT
An introductory programme for primary & secondary schools

Gymrun

The Daily Mile

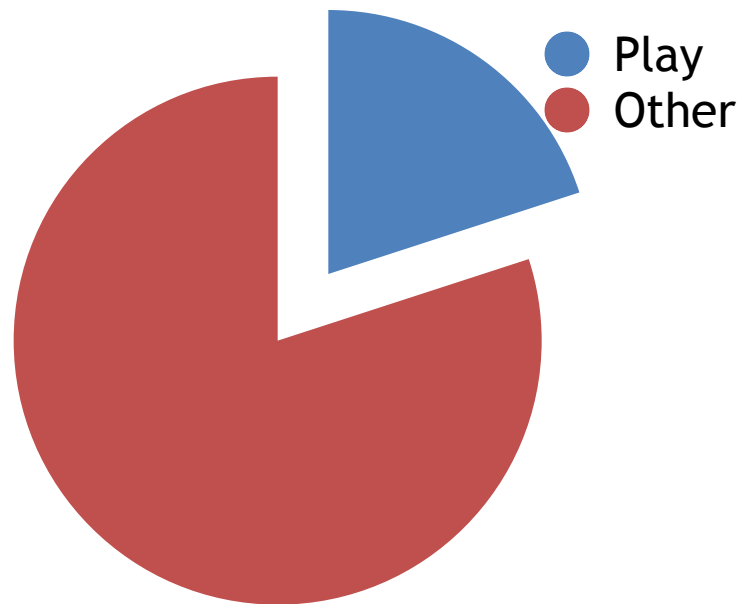
COMMANDO JOE'S

fit for sport
"a journey to an active life"

**Wake up
Shake up!**



Play makes up 20% of school life



Per Year
231 hours
37 days
7.4 weeks

**Primary
Years**
1.4 years

Cultural Conditions For Play



Policy
Access
Risk





FEAR
IS
NOT
A POLICY





The Telegraph

Parents' outrage over school ban on running in playground

theguardian

School bans games and cuts playtime numbers after complaints of noise

METRO

School bans children from hugging one another with 'no-touching' policy

Mirror

Parents outraged as school bans 'tag' children's game for bizarre reason

Access



English schools currently squander around £80 billion of pounds of material assets



FACTS

- Typical primary schools let individual children access 5-15% of useable space
- Typical primary schools use their fields 8-12% of the school year
- The asset value of a school playing field is between £.5 to £2M

We live in a wet, muddy country Lets all GET OVER IT

Acces



Most schools are not climate resilient and discourage access to grounds if wet, dirty, hot, cold, windy or snowy.



Price
£7.99



Price
£9.99

Weather Resilience



Risk Resilience



RISK MEANS

Going beyond
what is
already
known or
easily
accomplished



Knowledge - The Play Types



Symbolic Play



Locomotor Play



Recapitulative Play



Creative Play



Exploratory Play



Communication Play



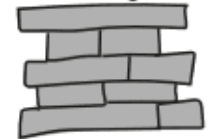
Socio-dramatic Play



Role Play



Fantasy Play



Deep Play



Object Play



Mastery Play



Rough and Tumble Play



Dramatic Play



Social Play



Imaginative Play

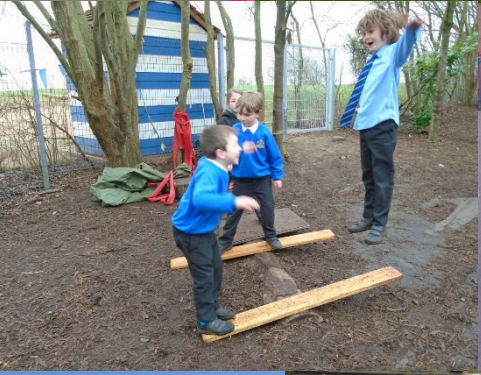
Environmental Conditions For F



IMPACT



- Universal equality and inclusion gains
- Increases in well being and happiness
- 80% drop in negative incidents
- 75% increase in grounds access by time
- 80% increase in grounds access by area
- Huge core skills improvements



IMPACT



*'The OPAL project has guided and inspired us to provide a range of different approaches to child-led play which **has stimulated our pupils to increase their physical activity** whilst developing their vestibular and proprioceptive sensory systems.'*

Judy Harris Head Teacher Shrubberies Special School April 2019

*"With rising obesity trends nationwide and young people found to becoming increasingly more sedentary, OPAL has ensured that Blue Coat pupils buck the trend by engaging in high quality child-initiated play each and every day. **Perhaps the biggest success of OPAL in our school has been the physical and social benefits brought to previously inactive girls and Special Needs groups.**"*

Mark Ryan Head Teacher Blue Coat Primary April 2019



IMPACT



In 2011 OPAL reached 11 new schools a year –
In 2020 we will reach over 100 new schools a
year

In 2019 OPAL will have impacted the quality of
play 180 day a year for 500,000 children

OPAL's principles are currently being adopted in
Canada, NZ, Aus, Poland, Austria, Czech Rep,
Slovak Rep, Hungary, and France



Resources



£750,000,000 spent on current
poor supervision of playtime



£80 Billion space assets currently
wasted

£240,000,000 available in Soft Drinks
Levy

Costs to do something



<u>Cost per child</u>	<u>Fixed</u>
<u>Annual</u>	
Welly Boots	£ 8
Rain Jacket	£10
School Storage	£10
OPAL Programme	£25
Capital Improvements	£45
<u>School Play Coordinator</u>	
<u>£17.50</u>	
	£ 98
£17.50	

Summary



RECOMMENDATIONS

Build on behaviour change interventions that are more sustainable and inclusive.

POLICY

Recognise the contribution of active play, especially in policy and national action plans, in policy

FUNDING

Fund active play programmes that have the Sporting Future and Active Nation Strategy

Innovative

Proven

Effective

Aligned

Efficient

Scaleable

Contacts



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#opalschools



OPAL Outdoor Play and Learning CIC



