



# OPAL Wessington Primary School



## *The Importance of playtime...*

Playful moments with friends are an essential part of childhood. Here at Wessington Primary School, we understand the importance of breaktimes and lunchtimes for our pupils, not only for their physical development (a chance to run around, increase their heart rate and get some fresh air) but also for their emotional well-being.

As they enter into Early Years, early experiences of play is how young children begin to learn and make sense of the world around them. While they are having fun, they are working on critical parts of their development such as building motor, cognitive, social and emotional skills. This learning does not end when children leave Reception. In our school, we place great value on the experiences children have in the playground with their school mates, which is why we are working to develop 'POP' – Purposeful Outdoor Play.

Whilst our school has always ensured that the children have planned resources alongside adult support during playtimes, in the past we have largely relied on PE-style equipment such as hula hoops, skipping ropes and different types of ball games.

We asked our children how we could make our school better. Many of our children told us that they would like more things to play with on the yard...



*we listened...*

'Play, in its many forms, represents a natural age-appropriate method for children to and learn about the world around them...Through play children acquire knowledge and practice new skills, providing a foundation for more complex processes and academic success.'





# Benefits of outdoor play

*When I play outdoors...*

I learn to trust myself and feel trusted by you

I learn about nature... and learn to care for the planet

I'm really active

I get to know how my body moves and where it ends

I explore!

I have lots of things to talk about

I'm sick less often

I am LOUD

I am happy... and when I'm happy, I want to keep playing

Play is what I do when grown-ups stop telling me what to do

I fall... and I get up

I work out my problems

I make friends and I sleep better

I explore

I am quiet