

Why? What are the benefits?

★ Research says the most important developmental years are 0-8 years old
↳ We NEED to get this right

- HWB links
 - Mental Health
 - Physical Activity
 - Emotional WB
- Skills development
- Encourages risk taking
- Hands on
- Interactive
 - Social
- Builds strong foundations for learning
- Attainment
- Promotes a love of learning
- Scientifically proven

What does it look like? What makes it work?

- Child led
- Valued by all parties involved
- Balanced indoor + outdoor opportunities
- Involves children of all ages
- Stimulating Materials
- Opportunities across the Curriculum C&E

Scientists have recently determined that it takes approximately 400 repetitions to create a new synapse in the brain - unless it is done with play, in which case, it takes between 10 and 20 repetitions. Dr Karen Purvis

Play-Based Learning

Learning about my body

- Rough + Tumble play
- Locomotor play

Learning about myself

- Communication play
- Dramatic + Sociodramatic play
- Role play

• Social play

Types of play

Learning about the world

- Creative play
- Object play
- Exploratory play
- Mastery play

Learning about being human

- Deep play
- Recapitulative play
- Fantasy play
- Symbolic play

Play builds the kind of free and easy, try it out, do it yourself character that our future needs.
James L Hymes, Jr



Sources + Where to find out more

- Education Scotland
- Play Types Toolkit
- Play-Based Learning in the Primary school - Mary Briggs & Alice Hansen
- Planning in the Moment with Young Children - Anna Ephgrave
- UNICEF - The LEGO foundation ~ Learning Through Play

