

Active Play

School-based interventions to increase active play

Sample action plan activities	Curriculum, Teaching and Learning	School and Classroom Leadership	Student Engagement	Social and Physical Environment	Home, School and Community Partnerships
Have a section in the library for books that encourage active play <ul style="list-style-type: none"> • <i>A Stick is an Excellent Thing: Poems Celebrating Outdoor Play</i> by Marilyn Singer • <i>Seasons of Joy: Every Day is for Outdoor Play</i> by Claudia Marie Lenart • <i>Go Out and Play! Favorite Outdoor Games from KaBoom!</i> by KaBoom • <i>Over-scheduled Andrew</i> by Ashley Spires • <i>Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children</i> by Angela J. Hanscom 	X				
Organize active play events <ul style="list-style-type: none"> • Host an outdoor play day at the school (invite local organizations to help, have students plan and lead the activities) • Plan outdoor field trips/excursions 			X	X	X
Ensure you have adequate equipment and space for active play <ul style="list-style-type: none"> • Add play equipment (e.g., natural playground, loose parts) selected with input from students • Add pavement markings • Decrease playground density • Clear snow and ice in winter months • Allow use of the yard in all weather • Allow access to natural elements (e.g., gardens, sticks, trees, hills, rocks, grass) 			X	X	X
Ensure kids are dressed appropriately for the weather and for play (e.g., no flip-flops or sandals, dress/expensive clothes, jewelry, clothing that is too loose or too tight) <ul style="list-style-type: none"> • Share this YouTube video on how to dress for playing in the snow • Encourage staff and students to practice sun safety 	X			X	
Incorporate active play into class time (e.g., provide activity breaks, incorporate movement and the outdoors into learning, limit technology time in the classroom)	X				
Share the benefits of active play with students, parents and school staff (use the Active Play Fact Sheet, parent newsletter insert). Promote healthy eating (with plenty of water) and sleep as essential to active play	X				
Offer an extra recess as a reward for or in celebration of daily physical activity (DPA)				X	
Put guidelines and policies in place that support active play <ul style="list-style-type: none"> • Do not allow the use of media devices at recess • Limit the number of rules around play (e.g., allow climbing, sliding, running, jumping, ball games, etc.) 		X		X	

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<ul style="list-style-type: none"> • Limit scheduled activities for students at recess (e.g., clubs) • Encourage recesses outside in reasonable inclement weather (e.g. rain, snow) • Ensure recess is unstructured (child-led free play, not coordinated by adults) • Provide supervised access to the school yard before and after school 					
Run the P.L.A.Y. program to engage all students in active play at recess				X	