

Areas of Learning

Risky physical play



Risky play is so important in a child's development.

It allows children to understand the world around them and is crucial to developing skills such as motor control, balance, coordination and body awareness, alongside many other areas of development.

As adults we may find it challenging to see children take risks however slipping, sliding, bumping and falling are all part pushing boundaries and challenging our bodies physically.

"The goal is not to eliminate risk, but to weigh up the risks and benefits. No child will learn about risk if they are wrapped in cotton wool" (HSE)

Ellen Beate Hansen Sandseter breaks down risky play into six main areas:

- Rapid speeds
- Dangerous tools
- Dangerous elements
- Rough and tumble
- Great heights
- Disappearing or getting lost

You can read more about these areas in the link <https://www.family.co/blog/risky-play-early-years>

Task

Use the six headings above to challenge your thinking, environment, and planning.

- Do you already offer opportunities in these areas?
- How can you embed and create these areas into your everyday practice?
- Do all staff understand the importance of risky play and are able to allow children challenge?
- Is more learning needed within the team, to empower staff to offer these opportunities with confidence?
- How will you get parents on board with the concept?