

Teaching and Learning

Play opportunities – Active vs Sedentary



How do your sessions offer a balance between energetic and quiet play? Are all play opportunities fully accessible? Do the children take any part in planning activities?

TASK

Look at the activities and resources that are accessible today. Reflect on the time and duration they have been available. If they are not already noted down, make a quick list of what is on offer and code in red the opportunities or planned activities that allow for energetic play. Now code in green the quieter more sedentary play and activities.

How does it measure up?

- Is it balanced?
- Is it accessible to all?
- Record any suggestions to improve the balance of opportunities for the next session.
- Consider the impact of too much of one style of play to another and the learning styles and interests of individual children.