

Play + Move

Parsons Green P.S. Community Group

The PG Play + Move group intends to help our kids to **play more and move better**.

Inspired by our children's right to play, this group is being established by parents and teachers in the 2015-16 school year to promote positive mental, social, emotional and physical health and well-being in the Parsons Green School Community through the development of play and physical activity

Why Play?

Parsons Green children, like all kids, have an amazing capacity for play. From climbing trees in the back wooded area to jumping the fence at the top gate to hanging upside down off the outside rails, PG kids are making the most of the environment they inhabit.

By supporting our children's impulse to play we can help encourage friendships, build confidence, develop decision making and make physical activity a way of life.

Why Move?

Correct movement is a skill. If developed early this skill can help our children avoid the sore back, bad posture and associated health problems that plague so many of us in adulthood.

Movement skills also result in less falls, less tears and provide the basis for future sporting achievement.

Projects

Examples of ideas and projects the group could get involved in:

- Playground redevelopment such as new infrastructure, resurfacing and landscaping
- Running track around the school that teachers can take classes to for a 'wake up shake up' break
- Play Ranger scheme that facilitates children's play in outdoor spaces in and around the school
- Learn-to-cycle initiatives that take advantage of the flat spaces in the playground
- Encouraging walking and cycling through safer routes to school
- Standing desks in the classroom to combat the proven negative effects of sitting

People involved

The group is a partnership between pupils, parents, teachers, Active Schools Coordinators and sport/play groups in the extended Willowbrae community.

Any parent can join the group, attend a meeting, help out at an event or contribute behind the scenes.

Specific remits will be created for individual roles and/or small groups with a time limited task to focus on.

What will the group do?

The group will meet 4-6 times a year and focus on a range of initiatives. Working groups will be formed to examine key areas, including:

1. To audit current physical health promoting practice amongst pupils, staff and parents e.g. current level of physical activity (outwith 2hr delivered as part of school day) but within the recommended daily hour of exercise
2. To audit current play opportunities and scope possibilities for improving the school grounds to increase opportunities for a range of play
3. To gather views of stakeholders about improving physical activity and play opportunities
4. To engage stakeholders in finding ways forward to help Parsons Green become a 'health promoting school', initially with improving physical activity and play opportunities
5. To identify areas of good/interesting practice which could help to inform recommendations e.g. visits to see schools using a 'loose play' approach, resources from Grounds for Learning, recent relevant research findings
6. To identify skills within the parent community for specific aspects of work
7. Disseminate findings and recommendations for stakeholders to increase opportunities for physical activity amongst the school community e.g. walk/cycle to school, movement during the day, opportunities in the school playground along with cost/resourcing/training that may be required
8. To recommend next steps which may involve separate groups taking forward different aspects such as the Sport Scotland School Sport Award, investigating grants for developing the school grounds etc.

What's next?

1. PG Parent Council approve or suggest changes to this remit document (end September)
2. Volunteer role descriptions are drafted (October)
3. Recruitment of volunteers (October)
4. First meeting (November)

Who can you talk to?

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School contact:

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