



Step 3

Active Physical Play Vision and Action Plan for Programs and Classrooms

Active Play for Children in Group Settings

Use the worksheet to think about your vision of healthy physical play environments for young children. Think about what you would LIKE to have, not what you currently have.

Write a vision statement for how you will set up environments for active physical play, including how you will support children's active physical play. Think about indoor and outdoor environments. Think about adult roles and child-to-child relationships.

Planning your Vision

Use what you already know about active physical play for children. Imagine your ideal environment. As you plan, think about the concepts below:

1. Physical environments:
 - the way the playground, gym, or classroom is arranged
 - what equipment and props are available
 - how structured and unstructured time is used for active physical play
 - how safety is maintained
2. Social environments and relationships:
 - how children and their peers and teachers interact during active physical play
 - child-to-child play
 - teacher and child discussions
 - turn-taking
 - styles of social play including, onlooker, solitary, parallel (side by side) and cooperative play (playing toward a common goal)
3. Language environments:
 - talking about and during active physical play
 - children's conversation skills to create active physical play
 - listening to others' ideas or directions
 - teacher support for mastery of basic physical skills and creation of physical play
4. Emotional environment:
 - how children and adults FEEL about what is happening in active physical play
 - helping children maintain respect for the separation of high intensity and lower intensity play areas
 - helping children feel safe to take appropriate risks



- planning and maintaining routines to ease safe, emotionally satisfying active play
5. Enlist partners to ensure children have opportunities for active physical play:
- parents
 - staff, administrators/managers
 - trainers
 - community resources including policy makers, professional organizations and public agencies

My Vision for Active Physical Play:

Action plan

Making my active physical play vision a reality.

I will do these three things.

1.

2.

3.

Overcoming Barriers and Using Supports to Reach My Vision

I will lift these barriers:

I need to do these things to lift the barriers:

I will overcome these barriers by this date:

These people will support and help me:
