

Active Play

Programme information sheet

WHAT IS IT?

Building from TOP Play, the Active Play resource has been designed for use with 5-7 year olds. The expanding education and PE and school sport environment has provided the opportunity to develop this resource to support the delivery of a holistic range of provision for key stage one.

Active Play supports delivery of the five-hour offer by aligning with curriculum practice so it can be used to complement curriculum delivery and offer enabling, extension and enrichment activities to young people in a variety of different settings. Supporting fundamental movement skills the content also supports the development of movement, balance and co-ordination in keeping with the long-term athlete development (LTAD) framework.

Who is it for?

- Primary schools
- School sport partnerships
- Extended schools
- Local delivery agencies
- Community sports coaches
- Adults other than teachers
- Organised groups working with young people aged 5-7 years and supporting the five-hour offer

What does the resource consist of?

The programme uses resource cards to bring a variety of linked activities to young people and is supported by a deliverer's handbook. It also includes key stage one multi-skill festival cards.

The cards have been developed by the Youth Sport Trust and have been carefully designed so that they:

- can be used by all children
- offer a variety of activities
- include activities that can be set up quickly and easily
- give useful advice to deliverers on topics such as safety, equipment, inclusion, adapting the activity for different abilities and progression.



WHAT DIFFERENCE DOES IT MAKE?

Active Play is a fun introduction for young people to a multi-skills approach to learning through activities that focus on the fundamentals of movement. It also encourages young people to develop the five multi-abilities of creative, cognitive, social, physical and personal development.

Supporting young people to develop competence in fundamental movement skills leads to competence in more complex sports skills at a later stage.

Active Play supports the Every Child Matters agenda and the National Healthy Schools programme.



HOW TO GET INVOLVED

The Active Play resources, which include the resource cards and handbook, are available to order from www.youthsportdirect.org.

If you have any questions about the implementation of Active Play, please contact Ruth Wadsworth on ruth.wadsworth@youthsporttrust.org