

# Start to Play

## Programme information sheet

### WHAT IS IT?

The Youth Sport Trust has always recognised the importance of starting early in providing opportunities for young children to be active.

Start to Play replaces the Youth Sport Trust's TOP Tots and TOP Start programmes.

Aimed at those engaging with children between 0 and 5 years old, Start to Play provides a number of fun resources to encourage play and physical activity opportunities for young children, their parents, guardians and carers.

#### Start to Play comprises:

**A comprehensive bag of innovative play equipment.** The 5-A-Day activity bag contains colourful and innovative equipment and resources, which aim to make connections between physical activity and a healthy diet. Encouraging children to eat five portions of fruit and vegetables a day and staying active for life.

**A series of Fizz and Friends Come Out to Play story books.** Through eight books (four books for each age range of 0-2 years old and 2-5 years old), the inspirational stories show Fizz and his friends playing, having fun and learning a number of key physical activities – moving, balancing and co-ordinating!

Each book contains five activity/game cards which provide fun ideas and activities for the children, parents, guardians and carers to play and have fun with Fizz and his friends!

**An audio CD of the storybooks** narrated by Denise Lewis, the Youth Sport Trusts ambassador for Early Years.

**The Participation Award wall chart and explanatory booklet.** These can act as a monitoring tool to record and reward young people's physical activity.

#### Training

Training is not compulsory for Start to Play and tutors already familiar with the previous TOP Tots and TOP Start programmes will be able to use the new Start to Play resources and equipment to support their existing training.

If you require training, a number of training opportunities will be planned for the new school year from October 2008 to June 2009.

If you would like to register your interest for Start to Play training, please contact the Operational Support Unit on tel: 01509 226600 or email [starttoplay@youthsporttrust.org](mailto:starttoplay@youthsporttrust.org)



“ The Youth Sport Trust Start to Play programme has fantastic tools and opportunities which show that play has the great potential to help all children to grow into healthy, active young people, improving their confidence and the way they interact with others. ”

Denise Lewis OBE, Youth Sport Trust Early Years Ambassador and Olympic Gold medallist

### WHAT DIFFERENCE DOES IT MAKE?

The Start to Play programme supports the key outcomes and goals in the framework for the new Early Years Foundation Stage standards and guidance. Through play, the principles in the guidance can be achieved.



### HOW TO GET INVOLVED

The Start to Play full package of equipment and resources can be ordered through [www.youthsportdirect.org](http://www.youthsportdirect.org) or [www.bishopssport.co.uk](http://www.bishopssport.co.uk).

Individual resources/books can be purchased separately from [www.youthsportdirect.org](http://www.youthsportdirect.org)