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## PLAY STREETS SUPPORT HEALTHIER KIDS

*“Play Streets supports the development of physical literacy in children holistically, with a particular strength in developing psychological and social capabilities in children.”*

– Centre for Sport and Social Impact, La Trobe University, 2020.

With the recent release of the Australian Physical Literacy Framework developed by Sport Australia, the Centre for Sport and Social Impact at La Trobe University, commissioned by Play Australia, have launched a new evidence review: “How Play Streets supports the development of physical literacy in children”.

The below table, taken from the review, helps illustrate the physical literacy elements that Play Streets develops in children:

			
PHYSICAL	PSYCHOLOGICAL	SOCIAL	COGNITIVE
<ul style="list-style-type: none"> <li>• Movement skills</li> <li>• Cardiovascular endurance</li> <li>• Muscular endurance</li> <li>• Coordination</li> <li>• Moving using equipment*</li> </ul> <p>* when equipment is used</p>	<ul style="list-style-type: none"> <li>• Engagement and enjoyment</li> <li>• Confidence</li> <li>• Motivation</li> <li>• Self-perception</li> <li>• Self-regulation (emotions)</li> <li>• Self regulation (physical)</li> <li>• Connection to place</li> </ul>	<ul style="list-style-type: none"> <li>• Relationships</li> <li>• Collaboration</li> <li>• Ethics</li> <li>• Society and culture</li> </ul>	<ul style="list-style-type: none"> <li>• Safety and Risk</li> <li>• Perceptual awareness</li> <li>• Reasoning</li> <li>• Strategy and planning*</li> <li>• Tactics*</li> </ul> <p>* when symbolic play occurs</p>

Combining this evidence is significant to demonstrate that play streets supports the development of healthy children; as Play Australia continues to promote the 1000 Play Streets movement, urging

Australians to reclaim their residential streets as places to come together with neighbours and play, to improve the health and wellbeing of children and communities.

Barb Champion, Executive Director of Play Australia says, “our vision is that every Australian, particularly our children, has the freedom to enjoy regular active play in front of their home with neighbours”

However, street play is not necessarily the obvious choice for many, in fact evidence shows it is in decline with 73% of adults saying they played on the streets when they were young, compared to only 24% of their kids. (Planet Ark, 2011).

“We are grateful to the team at The Centre for Sport and Social Impact for completing the review and illustrating that Play Streets support healthier kids” says Barb, “and importantly, we recognise the generous support of Sport Australia, under their Move It AUS participation funding, to support 1000 Play Streets and build more active and connected communities across Australia.”

To read the full review please visit: [https://www.playaustralia.org.au/sites/default/files/CSSI\\_PlayStreets-and-PL-Literacy-Framework\\_Report\\_June\\_2020.pdf](https://www.playaustralia.org.au/sites/default/files/CSSI_PlayStreets-and-PL-Literacy-Framework_Report_June_2020.pdf)

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Children  
at Play