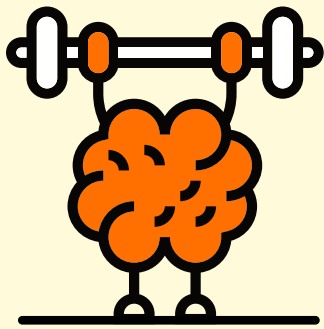


FACT SHEET

Play Builds Brains



Play is essential for children's growth and development, providing opportunities for independent self-learning that is not reliant on adult direction.

By playing outdoors children can practise skills and challenge themselves in an open-ended manner and extend themselves at their own pace.

Adults must provide time, space and freedom for children to get outside and learn about the world around them through play.

ACTIVE PLAY



As much as 25% of time spent at school is playground time, making the benefits of play at school important

HOMEWORK



On average children spend about 6 hours per week on homework

SCREEN TIME



Australian children's screen time increases from 4 to 13 years. On average, by 13 years children spend 3 hours per weekday (20% of their waking time) and 4 hours per weekend day (30% of their waking time) using screens



Challenges we face

- Values around the importance of formal learning over play have changed. Play is often not taken seriously!
- Time for free play and independent mobility is limited
- As technology grows, children increasingly depend on screen time from an early age for all aspects of life – in particular learning
- Increased screen time means more sedentary time indoors and less physical activity
- Many educational settings are becoming 'indoors focused'. This trend will only continue as our cities urbanise and outdoor space becomes more limited



What You Can Do

- Support children's learning through play – don't dismiss it – its more than just letting off steam!
- Try and balance children's screen time and outdoor play time
- Spend time in different environments for play to expose children to a variety of opportunities and challenges for learning
- Provide children with loose and moveable materials that can be explored, changed and manipulated by them in play

Definition of Screen Time

Screen time refers to the time children spend in front of a television, computer or mobile device.

Definition of Simulated Outdoor Playgrounds

A simulated outdoor playground is an entirely enclosed indoor setting that presents the same types of activities as an outdoor playground in an early years centre. These are becoming more common in multi-levelled child care centres, particularly in urbanised areas.



make time today for outside play



PlayAustralia.org.au