

# Active Outdoor Play and Learning

## overview

Our Active Outdoor Play and Learning (AOPL) school program is designed to improve opportunities for every child. Our goal is to increase the quality and quantity of outdoor play and learning in school yards, at home and in our communities, making a positive impact on children's physical, mental and social health.

### Program Description

The Active Outdoor Play and Learning school program provides participants with the resources and inspiration to build at least 60 minutes of active outdoor play and learning into each day. Through active outdoor play, KidActive shares school curriculum linked concepts. Best practises and evidence based resources are shared to support the value of increased physical activity, nature play, inquiry based learning and decreased sedentary and screen time.

Students, educators and parents will build the knowledge and skills to play and share activities that contribute to our physical and mental health and help to build healthier, inclusive communities and a connection to our natural environment.

## program objectives

1. Increase knowledge of physical, mental and social health and wellbeing
2. Develop skills to support outdoor active outdoor play and learning during and after school for at least 60 minutes per day.
3. Integrate curriculum links to active outdoor play, active transportation and active learning.
4. Build connections between our health and wellbeing and healthy community and the natural environment.
5. Enhance collaboration between students, educators, parents and schools to build healthier school and community environments.

## school program agenda (2 to 2.5 hours)

Welcome and introduction  
KidActive key concepts  
Active outdoor play and learning session  
Health, wellbeing, community and environmental connections  
Healthy snack and break  
Active outdoor play and learning session  
Local connections and group discussion  
Closing activity  
Feedback and evaluations

## key concepts

### Healthy Communities

Healthy communities contribute to the overall health and well being of every child. Components of a healthy community include access to recreation, active and safe routes to school, social inclusion, access to nature, access to local and affordable healthy food, health equity, community gardens, employment and a diverse and vibrant community.

### Outdoor Connection

Local and nearby green spaces are accessible and valuable places for active outdoor play. Backyards, schoolyards, and local parks provide opportunities for all children to increase the quality and quantity of physical activity and connect to nature. Through outdoor active outdoor play and learning, we enhance every child's connection to the natural environment.

### Peer Leadership

Developing and supporting strong role models at school and home contributes to our objectives. We include youth/peer leadership concepts to support the positive impact that local role models have on children. We encourage both the participants and school staff to share what has been learned and take your parents/caregivers out to play.

### Local Connections

Our school programs inspire and support children, parents, educators and community members to increase the quality and quantity of local outdoor spaces for active outdoor play and learning. We support initiatives and projects that build healthier communities and promote local strengths.