Outdoor Playing

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Outdoor Learning

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PBK
AGENDA

- Movement and Learning Research
- How Kid’s Play
- Goals of play areas
- A Different Way to Plan
  - Site Plan
  - Floor Plan
- Implementing the Plan
Understanding the relationship between movement & learning
Study shows physical activity linked to longer attention span (New Hampshire Study, 2013)

Exercise changes brain to be more resilient to stress (Princeton Study, 2013)

Recess is as important as classroom (American Academy of Pediatrics, 2013)
FITKids
Intervention

Waitlist
Control

Pre-test  9 Months Later

7 µV  10
Get out of your chair. No, really.

According to the CDC, prolonged sitting is the #1 contributor to chronic diseases, with negative effects beginning after just one hour of sedentary behavior.

http://home.utilifit.com/why-utilifit/
Just one hour of sitting is as unhealthy as smoking 2 cigarettes. All the latest research points to a single direction... Sitting is the New Smoking. Don’t take our word for it.
Benefits of Recess

Children are wired to move & need to move throughout the day

As a result of recess:
- Unstructured outdoor play environment
- Improved motor skill development
- Improved creativity
- Improved social skill development
- Increased responsibility
- Choice to do what the body needs to function optimally
PLAY
UNSTRUCTURED
OUTSIDE
Academics without play produces a broken child
Are we providing enough opportunities for play/recess?
Traditional Learning vs LiiNK Learning

**Traditional School**

- Two – 45-60 minute content lessons prior to moving
- One recess daily (if that)
- Physical Education 2-3 times weekly
- Character development philosophy
- Sedentary, distracted, misbehaving children

**LiiNK Project School**

- One - 45-60 minute content lesson then recess
- Four 15 minute recesses daily
- Three character development lessons weekly
- Active learning
- Active, focused, disciplined children
Understanding research on how kid’s play
LiiNK Results

- Only takes one day to play independently
- Children run, chase, roll, jump, climb, and swing
- Play differently
- Socialize differently
- They are happy & less anxious
- Don’t need massive equipment
- Need hills, water, sand, and natural equipment such as trees, stumps, and beams
- Teachers need breaks too
Goals of Play Areas
GOALS OF PLAY AREAS

1. Must be fun
2. Must be diverse and varied
3. Must allow for physical challenges
4. Must allow for continuous learning
5. Must be safe & accessible
6. Can be anywhere
FUN
DIVERSE & VARIED
PHYSICALLY CHALLENGING
PHYSICALLY CHALLENGING
CONTINUOUS LEARNING
SAFE
SAFE
CAN BE ANYWHERE
Developing play areas that allow for creativity
A DIFFERENT WAY TO PLAN

IMAGE CREDITS:
Oak Park Elementary Schoolyard Concept
Site Design Group, Ltd.
A DIFFERENT WAY TO PLAN

SITE PLANNING

1. Maximize the Site
2. Create Activity Zones
3. Use Pathways as Play Areas
4. Weave in Areas for Creative Expression
5. Build on your location
MAXIMIZE THE SITE
MAXIMIZE THE SITE
CREATE ACTIVITY ZONES
CREATE ACTIVITY ZONES

HILLS
CREATE ACTIVITY ZONES

SAND
CREATE ACTIVITY ZONES

WATER
PATHWAYS AS PLAY AREAS
PATHWAYS AS PLAY AREAS
PATHWAYS AS PLAY AREAS
WEAVE IN AREAS FOR CREATIVE EXPRESSION
WEAVE IN AREAS FOR CREATIVE EXPRESSION
BUILD ON YOUR LOCATION
BUILD ON YOUR LOCATION
A DIFFERENT WAY TO PLAN

BUILDING PLANNING

1. Class areas *can* be fun
2. Explore the white spaces
3. Weave in Areas for Creative Expression
4. Use Furniture and Equipment in planning
5. Plan for multiple purpose uses
CLASS AREAS CAN BE FUN
CLASS AREAS CAN BE FUN
EXPLORE THE WHITE SPACES

IMAGE CREDITS:
Trillium Creek Primary School
IBI Group
EXPLORE THE WHITE SPACES
EXPLORE THE WHITE SPACES
WEAVE IN AREAS FOR CREATIVE EXPRESSION
WEAVE IN AREAS FOR CREATIVE EXPRESSION
USE FURNITURE & EQUIPMENT IN PLANNING
USE FURNITURE & EQUIPMENT IN PLANNING
USE FURNITURE & EQUIPMENT IN PLANNING
PLAN FOR MULTIPURPOSE USES
PLAN FOR MULTIPURPOSE USES
IMPLEMENTING THE PLAN
IMPLEMENTING THE PLAN - MATERIALS

Surfaces: Fall Surface Requirements

- Safety
  - Height of structure
  - Fall area
  - Depth of padding
- ADA
  - Accessibility
- Cost
  - Initial
- Maintenance
  - Most efficient, least maintenance
# IMPLEMENTING THE PLAN - MATERIALS

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IMPLEMENTING THE PLAN- MATERIALS

Structures:
Cost Diversity

- Each component added results in added cost
  - $12,000 - $38,000

- Competition allows for better numbers
  - Don’t close the spec to a feature – look for an activity

- Consider field built versus pre-engineered
  - Allows for local participation
  - Ensure safety components are met
IMPLEMENTING THE PLAN- MATERIALS

Support Components: Necessary Items

- Separate access ways wherever possible
- Card Access at Exterior Doors
  - Critical in older schools
IMPLEMENTING THE PLAN - MATERIALS

Support Components: Necessary Items

- Canopies
- Large Open Areas close to Large Rooms
IMPLEMENTING THE PLAN - MATERIALS

One Size does Not Fit All:
Plan each school

• Each site is different
• Include features that reflect the location
• Maximize those activities that relate to all kids
  • Hills, sand, water
• Ensure maintenance is in line with construction
Questions?

www.liinkproject.tcu.edu