

Outdoor Playing

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Outdoor Learning

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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**

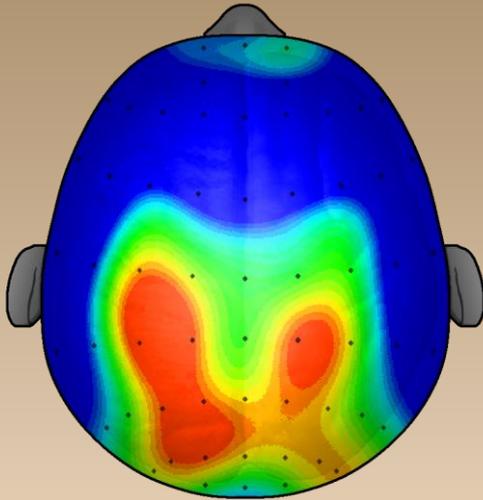
**Study shows physical activity
linked to longer attention span** (New
Hampshire Study, 2013)

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

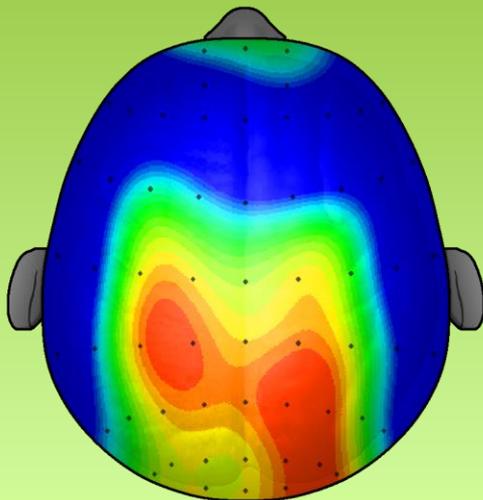
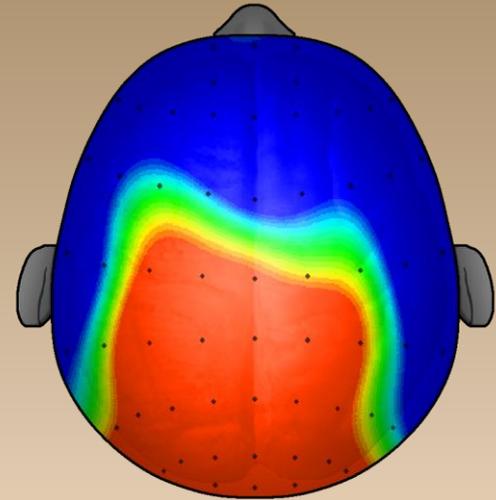
Recess is as important as classroom
(American Academy of Pediatrics, 2013)

Pre-test

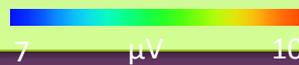
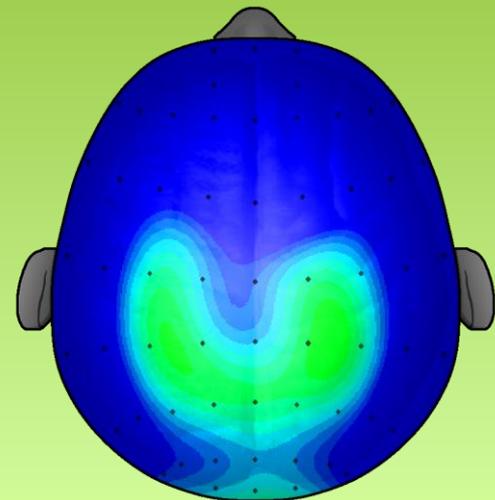
9 Months Later



FITKids
Intervention



Waitlist
Control





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

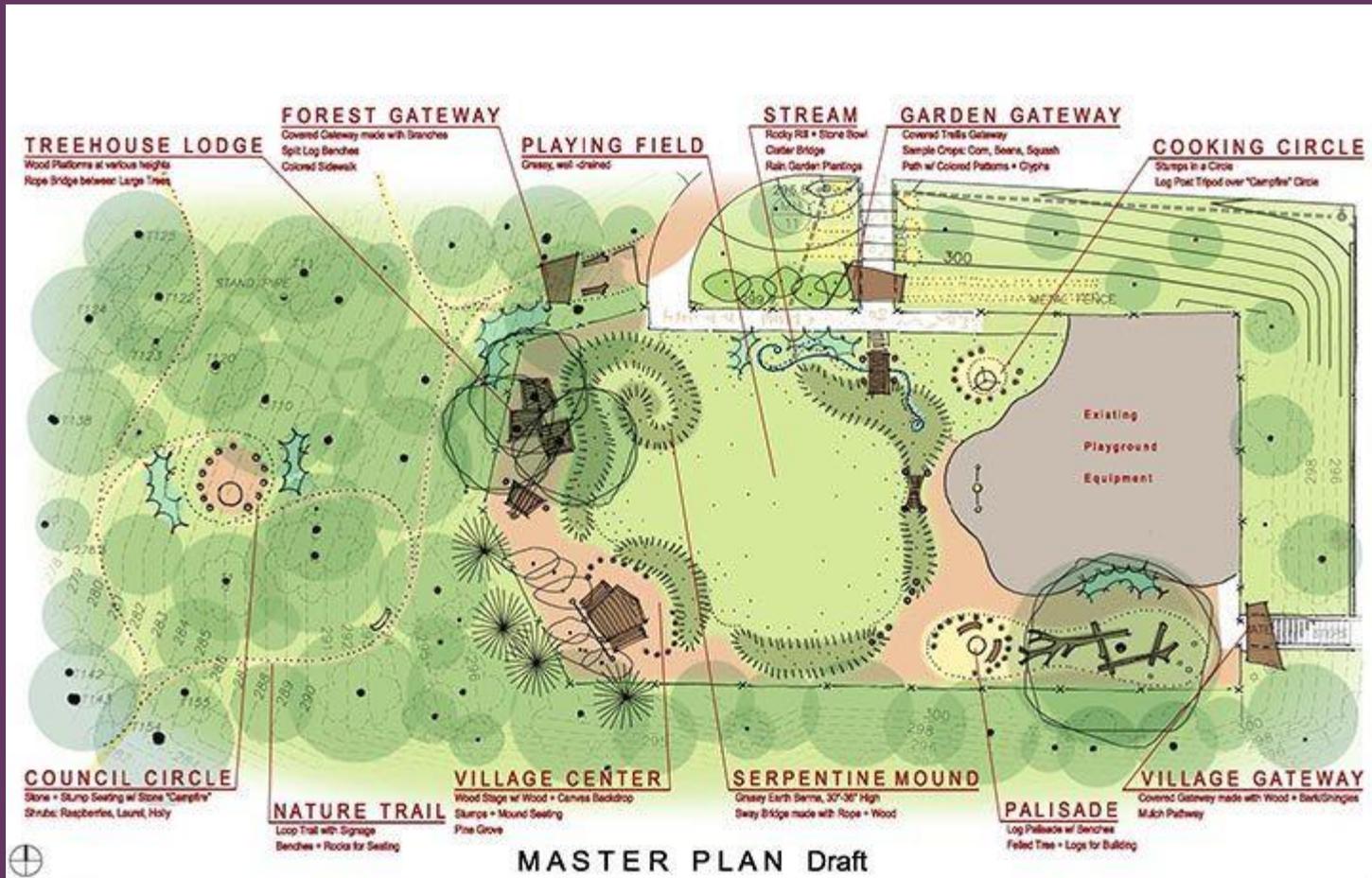
1. Maximize the Site
2. Create Activity Zones
3. Use Pathways as Play Areas
4. Weave in Areas for Creative Expression
5. Build on your location



MAXIMIZE THE SITE



MAXIMIZE THE SITE



DATE: 31 Oct 10

Stoddert ES Natural Playground

ISTUDIO

CREATE ACTIVITY ZONES



CREATE ACTIVITY ZONES



HILLS

CREATE ACTIVITY ZONES



SAND

CREATE ACTIVITY ZONES



WATER

PATHWAYS AS PLAY AREAS



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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

Fall Surfaces	Safety	Accessibility	Initial Cost	Annual Cost	Maintenance
Sand/ Pea Gravel	Unsafe Underneath Play Structures				
Mulch	+	+	\$\$	\$\$\$	Weekly
Turf	++	++++	\$\$\$\$\$\$	\$	Periodic
Rubber Tiles	++	+++	\$\$\$\$\$\$	\$	Periodic
Rubber Mulch	++	+	\$\$\$\$	\$\$\$	Weekly
Poured-in Rubber	+++	++++	\$\$\$\$\$\$\$\$\$\$+	\$	Periodic

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

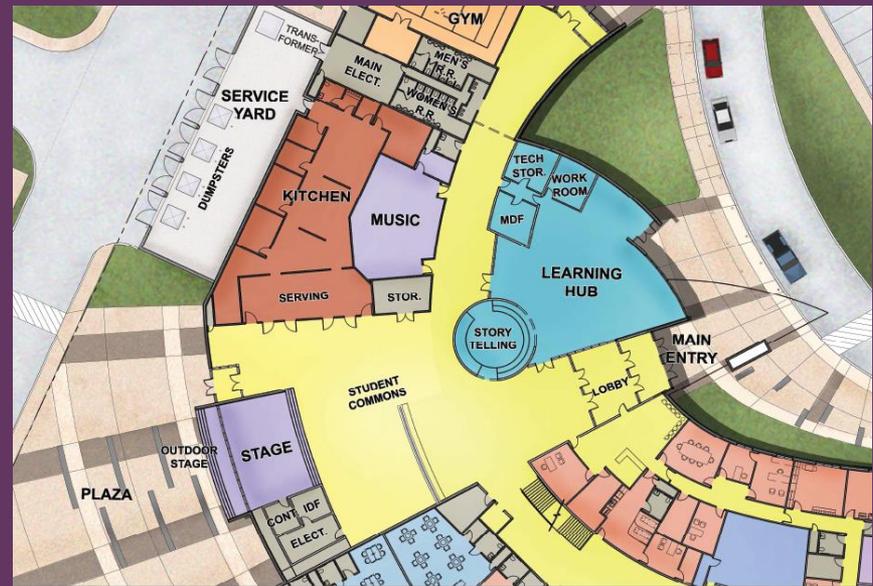
- Separate access ways wherever possible
- Card Access at Exterior Doors
 - Critical in older schools



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