The Pines Primary School

Early Morning Fun Play

An eat well be active -Primary Schools project school

The idea for Early Morning Fun Play began 7 years ago at our school as a strategy to address the issue of J.P. children coming to school late and to “energise” and prepare our students for a positive start to their school day. Initially some of the staff thought that the Early Morning Fun Play would create problems, such as parents and toddlers being “knocked” over by flying balls and children running around the yard. Also the issue of an extra yard duty was raised as well. We decided to trial it for 2 weeks and then assess its effectiveness. I also volunteered to supervise the activity and recruited some SRC members to help me set up each morning.

The result was incredible, surpassing our expectations. We were getting at least 30% of our R-3 children arriving early to school to participate in the Early Morning Fun Play. It really was a fantastic sight seeing so many children being physically active. Parents were also staying behind playing with their children. We also noticed that the older children wanted to participate as well, so Early Morning Fun Play was extended to R-7.

Teachers commented how more switched on the children were each morning, beginning their learning with a more positive approach. The staff also acknowledged the success of the strategy and suggested that it should become part of the yard duty roster. We also received excellent feedback from parents One parent who was dealing with personal problems said it was very therapeutic for her to see her child being happy and active. She asked if she could help set up each morning

Seven years later we still have Early Morning Fun Play. It has become part of our school culture and the benefits for our children continue.
Sam Konnis, The Pines

Look at this link to see the equipment used and the children at play.

http://youtu.be/szyEh9ZiFEQ

For more information contact
dl.1777.info@schools.sa.edu.au

Video Playlist

http://www.youtube.com/playlist?list=PLCp3_brrD7xOq-uK6dCLuZTRpHK2Z

eat well be active - Primary Schools Project , a joint SA Health and Department for Education and Child Development project from 2008-2013.