

## BMPE 5005

### Playful pedagogical approach of the Foundation Phase with its emphasis on outdoor learning lays foundations for children's physical literacy.

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**Lecture 8 & 9**  
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## Y Cyfnod Sylfaen The Foundation Phase

- Cafodd ei ddylanwadu gan nifer o ddamcanieithwyr addysgiadol
- Cafodd ei ddylanwadu gan ddulliau rhyngwladol.
- Cwricwlwm ar gyfer plant 3 i 7mlwydd oed
- **annogir plant i ddysgu trwy ddilyn dulliau amrywiol e.e. chwarae a bod tu allan.**
- Influenced by educational theorists
- Influenced by approaches from around the world.
- Curriculum for children 3 to 7 years old
- **learning is encouraged through various methods e.g. play & the outdoors**

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# Dylanwad Damcanieithwyr Addysgiadol ...pwy?

## Influences from Educational Theorists ...who?



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Recap lecture 1 – **Behaviourism**  
Educational Theorists  
that have influenced the Foundation Phase

Recap lecture 1 – **Constructivism**  
Educational Theorists  
that have influenced the Foundation Phase

Recap lecture 1 – **Social Constructivism**  
Educational Theorists



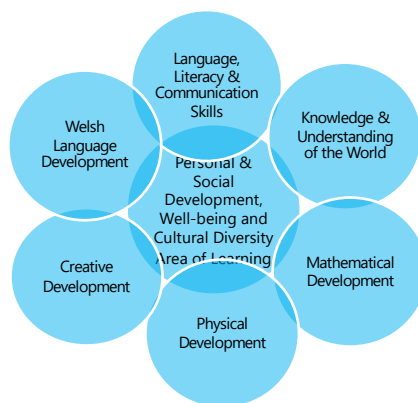
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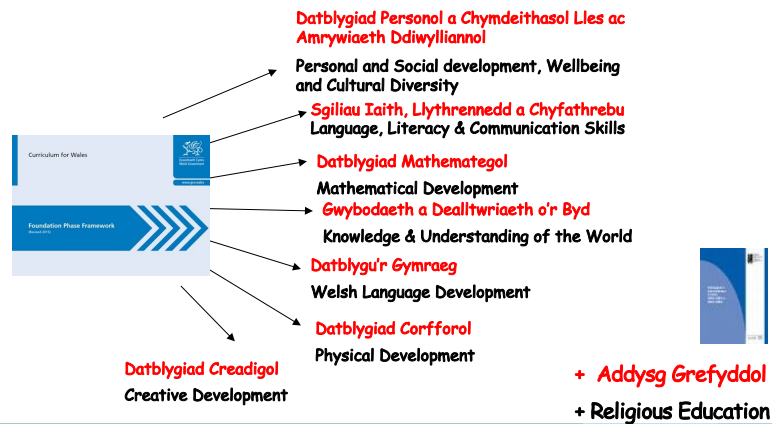
## Amcanion / Aims :

- Datblygu dealltwriaeth sut mae'r Cyfnod Sylfaen yn gweithio mewn ysgolion.
- Datblygu dealltwriaeth beth ydy 'pedagogeg chwarae'
- Dylanwad pedagogeg chwarae i gyfoethogi dysgu yn y Cyfnod Sylfaen.
- Ennill gwell dealltwriaeth o sut mae plant yn dysgu.
- To develop an understanding of how the Foundation Phase is taught
- To develop an understanding of what is meant by 'play pedagogy'
- Consider how play pedagogy is incorporated within the Foundation Phase to enhance learning.
- Gain a better understanding of how children learn.

## Chwech Maes Dysgu Seven Areas Of Learning



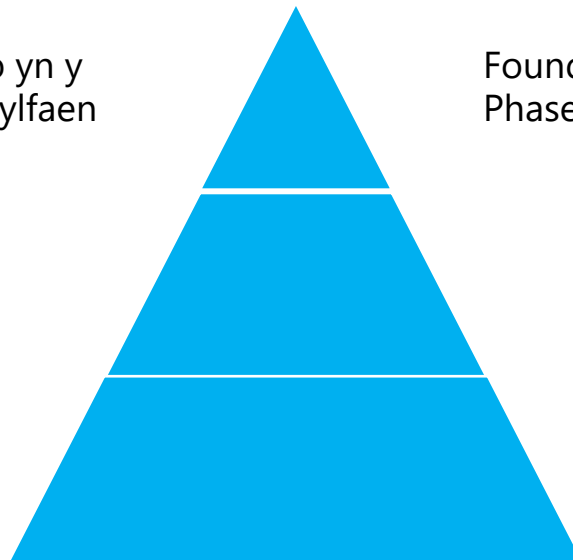
# Y meysydd/ The areas



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Cynllunio yn y  
Cyfnod Sylfaen

Foundation  
Phase Planning



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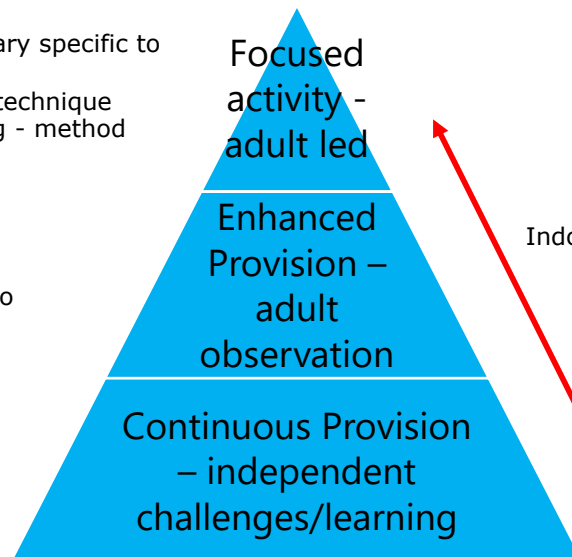
## Task 1 'Prep for Focused Task'

- Yn eich maes o arbenigedd pa fath o offer bydd angen i chi i ddangos i blant bach sut i ddefnyddio?
- Pa eirfa bydd yn cydfynd gyda hyn?
- In your field of interest what type of equipment would you need to show young children how to use?
- What vocabulary would accompany them?

- (1) Vocabulary specific to learning
- (2) Skills – technique
- (3) Modeling – method

Specific equipment introduced to areas

Visit areas to engage in playful learning opportunities



## Rights of the Child

Article 31 of the United Nations  
'recognises the right of the child  
to rest and leisure, to engage in  
play and recreational activities  
appropriate to the age of the  
child' (UN, 1989: article 31).

**'Mae dysgu oddi fewn pedair wal yn  
gysyniad oedolion ac mae a wnelo mwy â  
rheolaeth na lles y plant.'**

**'Learning within four walls is surely an adult  
concept that has more to do with control  
than with children's well-being.'**

**(Harriman, 2006, p.67)**

## Play Pedagogy in the Foundation Phase



## Tasg / Task 2 recap previous learning

**Amser i ystyried : sut mae chwarae wedi dylanwadu ar ein bywydau? & ydych chi wedi ystyried beth ydy prif nodweddion o chwarae?**

**Opportunity to consider : how has play influenced our lives? & have you decided what the key features of play are?**

When you were between 3 and 8 yrs old

**(1) what types of games do you remember playing?**

**(2) did your play involve...** (i)rules? (ii)specific area / space used? (iii)children you played with same or varied? type of equipment?

**(3)what type of movements did these games involve?** e.e. running?

## The power of play

Children are often deeply involved in their play and experience a state of flow and higher levels of motivation through peak experience

(Maslow, 1987).



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## The little things in life ...

1. Helfa drysor – bocs wyau – creu story!!  
Dweud stori wrth ffrind ... ger yr Helyg?
2. Blodau gwyllt
3. Llun Synau (1munud)

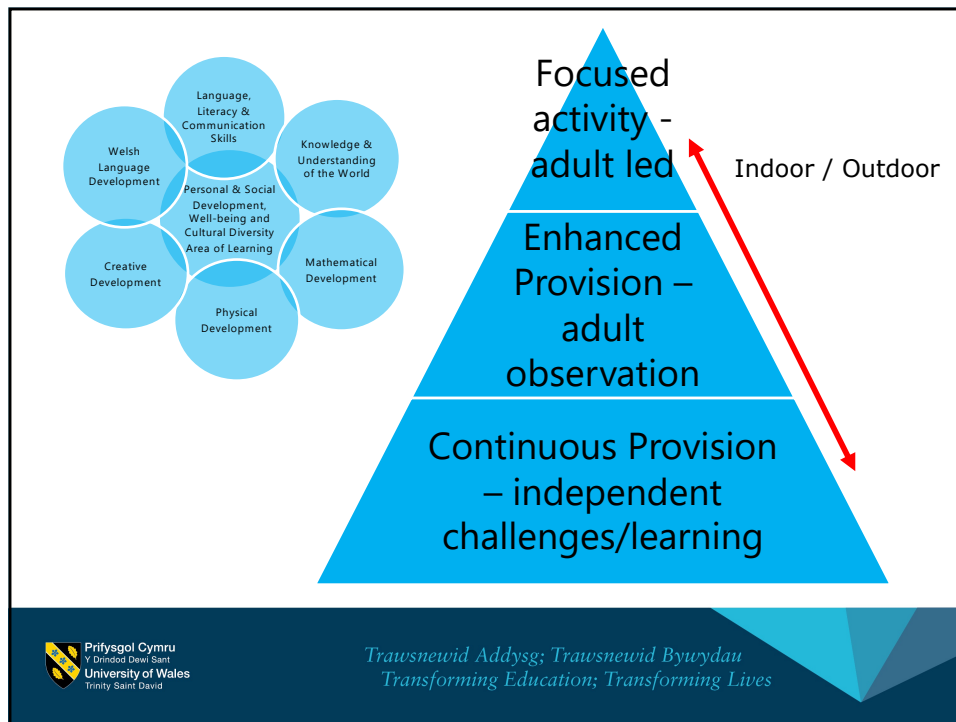
1. Treasure Hunt – egg box – create a story!!  
& tell the story to a friend ... in the Willow?
2. Flower meadow
3. Picture Sound (1mins timer)

Activities above done by ones own. Individual engagement



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## Benefits of Learning Outdoors

e.g. Froebel (1782 – 1852) believed ...

- In the benefits in encouraging a strong connection between man, nature and all living things.
- Children should learn about nature through outdoor play and gardening activities.

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# Outdoor, Play & Physical Literacy

- Manteision o fod tu allan wrth ddysgu a symud ?
- Advantages of being able to be outside to learn and move?



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# Play Pedagogy

Vygotsky (1967) argued play's importance in creating its own zone of proximal development

'sociable and cooperative endeavours expose children to other children's perspectives and they become experts for one another, scaffolding their own and peers' learning experiences' (Broadhead, 2006, p.202).

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## Play and Physical literacy

- Play 'facilitates the establishment of many of the other attributes that are characteristic of a physically literate individual, including motivation, confidence, environmental and interpersonal engagement, self-knowledge and self-expression.' Maude (2010:111)

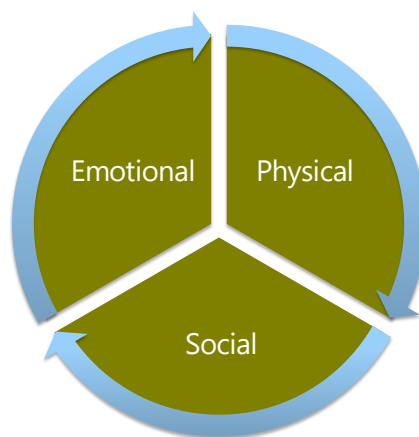
## Value of Play Outdoor

- Fjortoft (2001) explored the learning effects from playing in a natural environment on motor development. Grahn *et al.*, (1997, cited in Fjortoft, 2001 and Mygind, 2007) found that children playing in an outdoor environment which included natural environments had better physical fitness, motor skills and coordination, concentration abilities and less absence due to illness than children in an urban environment.

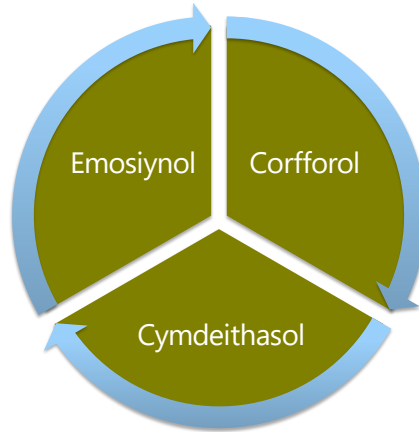
## Dylanwad yr amgylchedd naturiol ar sut mae plant yn dysgu? The impact of the natural environment on how children learn?



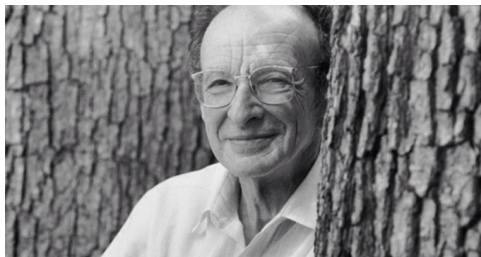
## Making the links



## Gwneud y cysylltiadau



## Amgylcheddau sy'n galluogi Enabling environments



Urie  
Bronfenbrenner  
1917 - 2005

<https://www.youtube.com/watch?v=mRdlWPB8xS4>

# Physical Literacy

- ...the motivation, confidence, **physical competence**, knowledge and understanding to value and take responsibility for engagement in physical activities for life.
- The foundations for **physical competence** comes from children developing a broad movement vocabulary

# Outdoor, Play & Physical Literacy

- Creu patrymau rhwbio o ddeunydd naturiol (o leiaf dau) – ydych chi'n medru dweud beth yw'r adnodd naturiol? (perthyn)
- Casglwch 8 eitem (o manau uchel, canolig ac isel) – yna ...
- Gyda phartner – dewch o hyd i man tawel tu allan a chwarae gêm cofio-cymrwch tro (cynnwys symud)
- *Make rubbings of natural sources (at least two) – can you label the item / rubbing? (belonging)*
- *Collect 8 items (from high, mid and low places) – then ...*
- *With a partner - find a quiet place to sit outside and play memory game – taking turns (inc. movement)*

**Prepared environment.** The right precise conditions around children allow for and support their true natural development. For young children, the environment must be prepared in this way by providing a range of physical objects that are organized and made available for free, independent use, to stimulate their natural instincts and interests for self-directed learning

**“The environment must be rich in motives which lend interest to activity and invite the child to conduct his own experiences.”**

**(Montessori, 1995 p81)**



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## Amgylcheddau sy'n galluogi Enabling environments

- **variety of areas**
- **size of spaces**
- **the resources**
- **use of space**
- **adult roles**



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## Impact of the natural environment...

- on motor development, physical activity, physical and mental health, and concentration (Bjørklid, 2005; Fjørtoft, 2001, 2004; Grahn *et al.*, 1997)
- Maynard *et al.* (2013:212) concluded that the increased opportunities for child-initiated learning and teachers' different expectations of behaviour in outdoor spaces may have given pupils 'the opportunity to reconstruct themselves as strong, competent children rather than as 'underachieving'.
- This is recognised in the Forest School approach where the concept is underpinned by a philosophy of holistic child-led learning (Passy and Waite, 2011)

## Amgylchedd effeithiol / Effective environments

Lle sy'n annog:

- ▣ Chwilfrydedd
- ▣ Gwneud penderfyniadau
- ▣ Gweithredu'n unigol/ gydag eraill
- ▣ Datrys problemau
- ▣ Trefnu amser
- ▣ Datblygu ar gyflymder eu hunan
- ▣ Dysgu am arferion cymdeithasol
- ▣ Datblygiad o sgiliau gwybyddol, ieithyddol a chorfforol
- ▣ Creadigrwydd

Somewhere that encourages:

- Inquisitiveness
- Making decisions
- Independent/ co-operative opportunities
- Problem solving
- Time management
- Develop at their own pace
- Learn social skills
- Develop cognitive, linguistic and physical skills
- Creativity

## Nodweddion Chwarae. Indicators of Play

- Diddordeb a pherchnogaeth gan y plentyn.
- Yn agored.
- Nid yw'r bwriad wedi ei osod gan oedolyn.
- Nid yw wedi ei reoli gan oedolyn.



Clip video – den building

- The child has an interest and ownership of the activity.
- Open ended.
- The adult has not decided on an outcome.
- The adult does not steer the activity - debatable.



## Amgylchedd effeithiol ar gyfer dysgu yn yr awyr agored.

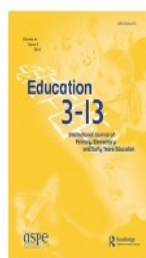
### Effective outdoor learning environment.

- Creu amgylchedd yn yr awyr agored sy'n sbardunol.
  - Sicrhau cyfleoedd i ddatblygu.
  - Datblygu awyrgylch chwareus.
  - Galluogi'r plant i ymchwilio.
  - Bod yn effro i 'gyfleoedd dysgu.'
  - Arsylwi symudiadau.
  - Gadael amser i'r 'chwilota' ac arbrofi i barhau.
- ▶ Create an engaging outdoor space.
  - ▶ Ensure there are opportunities to develop.
  - ▶ A playful environment.
  - ▶ Enabling investigation.
  - ▶ Be mindful of learning opportunities'.
  - ▶ Observe physical movements.
  - ▶ Allow time to continue on an activity and for progression.



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### Education 3-13

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## The Foundation Phase in Wales - a play-based curriculum that supports the development of physical literacy

N. Wainwright, J. Goodway, M. Whitehead, A. Williams & D. Kirk



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