

Sport, Health & Outdoor Education

Assessment Feedback Sheet

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 Module: Professional Development and Practice
 Module Code: SHSS4062

Personal Evaluation – to support your academic progress please complete the section below BEFORE submitting your work.									
What do you consider to be the best aspects of this work?		My Conclusion is strong and I believe it puts my main point across.							
Which aspects do you consider could have been improved in this piece of work?		My Introduction seemed weak and needed more detail.							
What have you found most satisfying whilst undertaking this submission?		I Have found the statistics satisfying.							
ASSESSMENT CRITERIA	Le a r n i n g O u t c o m e s	GRADE							
		Poor 0-25%	Unsatisfactory 26-39%	Satisfactory 40 – 49%	Good 50 – 59%	Very Good 60 – 69%	Excellent 70 – 85%	Exceptional 86– 100%	%
Essay content and quality of resources used	1								30%
Referencing within the essay	1								20%
Correctly constructed reference list	1								20%
Structure of essay and clarity of writing	1								30%
It is expected that students will present work that is proof read, correctly referenced and adheres to the Assessment Checklist . Therefore a range of 0 – 10 marks will be deducted for non-completion of any of the points on the checklist below .									

TUTOR COMMENTS:

Submission date: 1/11/19
via Turnitin

Return date: 8/11/19
(at least within 4 weeks)

Tutor:

Module Code SHSS4062
Professional Development and Practice

Should Children play freely Outdoors?

In my essay I will be discussing whether children benefit from playing outdoors freely and the negatives of this. I will also include some statistics which prove that some children develop many skills while playing outdoors and just how much it impacts them. This essay will have both sides of the argument including reasons why

children shouldn't play outdoors. During this essay I will typically be looking at children between the ages of 5 to 15. This is where they will develop most of their gross motor skills.



My first point is that getting outdoors to play is a brilliant sensory experience for babies and toddlers. There is so much for them to see, explore and learn. The changing

nature of the outdoors makes it an incredibly stimulating and multi-sensory place to play. This is important as babies and young children learn and gain experience through all their senses (*Murray, 2014*). With children outside playing during the autumn months just think about how this can help them understand why the leaves turn brown, for example, or why some trees are getting old and dying during the harsh winter months. So many simple questions can help a child learn so much. Playing outdoors is a brilliant way to get out in nature and become aware of the environment. Children who gain knowledge and appreciation of nature are more likely to become



environmentally aware adults (*Littleadyke, 2008*). I agree with this statement because children from a very young age will understand the benefits they can have on just keeping their local park clean, for example. They may just start by picking up one piece of rubbish to put in the bin. This will positively affect their surroundings as

well as their understanding of why places are better when they don't have litter. These children will develop gross motor skills by either using a litter picker and a black bag, or just picking up the rubbish with their hands but then understanding the importance of making sure they wash their hands after.

Sir David Attenborough, Learning through Landscapes Patron, commenting on tarmac playgrounds in a recent film about school grounds, said:

“Natural outdoor environments can offer a very special kind of learning experience: the opportunity for discovery and learning through touching and feeling, the chance to explore and take risks, the stimulations of the fresh air and limitless skies. And yet, we are steadily depriving our children of these wonders. This is why the quality of the last remaining external environment to which many children have frequent access: the school grounds, is so important.” This statement couldn't be anymore true, there are less and less children playing outside and more children sitting at home in front of a screen. Children are spending far too much free time playing games on their tablet or just sitting at home and eating. This is why the obesity crisis in our country continues to rise and we are all part of the problem.

The main reason as to why children are not playing outside is technology. Technology is constantly changing and updating new ways to get kids



interactive with it such as new fun games, or new episodes of TV programmes to watch. With so much new product being released no wonder kids aren't choosing to go outside in the cold and do some form of exercise. The NHS have said that active play is necessary for the development and long-term health of children, and lessens the chance of a child developing diseases such as type 2 diabetes and heart disease when they get older. According to this, children ages five to 18 should be getting at least one hour of physical activity per day. But an NHS health survey published in 2016 found that only 22 percent of children in England hit this target. This is crazy to believe that less than a quarter are achieving this target. Kids are becoming more and more like robots from a very young age. Parents should be educating their children on many diseases that they can get such as diabetes etc, rather than showing them the latest ps4 game which will take up even more of their time. IT must begin from a very young age. By taking your child outside for walks and looking at flowers, jumping in puddles, climbing trees there is so much more to learn. BY children doing these things at a young age they are learning how to enjoy themselves outdoors and not just think its cold and boring outside. Compared to going outside and kicking a ball around many children would much rather be inside in the comfort of their own home and watch tv.

You may argue that these habits of play are because their parents and how they spend their free time. I believe that this opinion is correct. The daily telegraph revealed that almost half of parents admitted that “fear of strangers” prevented them allowing sons or daughters from playing outside. This is a true fact that has increased during the years stimulating that fear in parents. This is the number one reason parents say as to why they don't let their children play freely outdoors. However I believe that is their town or city is really dangerous to let their children go outside, then why not take them to the nearest beach, or to a national park where it is completely safe and children will be given the



freedom they need to learn about the environment and the positives of being outdoors. I understand due to the cost of petrol and other things that this cant be completed on a daily basis, however think about how much money these days is being spent on electronics and films instead of upgrading coastal paths or cleaning up beaches etc. I believe that the

reason children are becoming less active is because the parents are making wrong decisions and not being active themselves.

There are so many Positive impacts playing Outdoors freely can have children these days, such as physical, mental, and social impacts. “Research shows that children use five times as many words when they play outdoors compared to indoors, and that there’s a direct correlation between obesity and lack of time spent outside. There really is nothing like the freedom of playing outdoors to improve children’s physical and sensory development and their imaginations, not to mention the fun factor”. [Bbc.co.uk. \(2019\). Mr Bloom: 2019](https://www.bbc.com/news/health-51484444). By playing outdoors children are becoming less obese, stronger and fitter. Children can relieve a lot of stress by playing outdoors which could either be to do with school work or other problems going on at home. This physical impacts of going for walks around the neighborhood can have many more positive impacts on your body than you may think. By just having that fresh breath of air can clear someone's mind in seconds. There are many social impacts of playing outdoors freely. The first obvious one is making new friends. Outdoor spaces are usually less crowded and less intimidating for children which can help them to be more social. This can lead to children being more willing to play games and talk to other children during this process, this can lead to making new friends. This encourages children to interact with other children away from adult supervision.

To conclude this essay I have realised that there are far more positive impacts of children playing freely outdoors. Therefore more effort needs to be made to make this happen. There is so much development of electronics these days that its keeping kids at home in their safe place as they are constantly being warned about the dangers of the outside world. I have looked at a parents point of view of how they assess the dangers in a child's everyday life being outside of the house where parents can see them. I have understood that the minority group of parents have decided that the positives over power the negatives of being outdoors for their children. I was shocked to see that a majority group of



parents believe children learn more by being indoors instead of playing outside. I disagree with this statement as I have talked about the many positives children have by being outdoors, so I believe that it is far more important for children to understand the risk but also being adventurous in a safe way. This essay helped me understand how much technology is changing everyday and also how much more funding goes towards electronics these days instead of Outdoor activities. I believe more funding needs to be made in order to attract children to the outdoors.

References:

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