

Chwarae plant: egwyddorion ac arfer/ Children's Play, Principles and Practice (EA4004/C)

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(Play Module)

Word count: 3189

Section 1

The importance of a variety of play types including self directed play and holistic place.

This portfolio will contain four different sections where i will be looking at different types of play and how having a variety of play can benefit young children, Also i will take into consideration of what others feel and what their opinions are on how these types of play will benefit children in the long run. This portfolio will have different opinions from different theorists but also how self directed play and holistic play comes into the two types of play i have chosen to look at.

What is play?

There are a variety of ways someone could define what play really is. Play comes naturally to every child, Play gives children the opportunity to use their creativity and expand their imagination when doing fun activities such as messy play , water and sand play,

outdoor play, sensory play, role play, and many other types of play that help children to naturally develop, play is the biggest aspect to developing each area like physical, social, intellectual, emotional, and language skills.

Children need play and if they are deprived of it can take experiences away from them, which can have a negative effect on a child's development. Professor Fraser Brown, someone that created and produced a sheet that provided play values (2003) with the full definition on what play deprivation is and what effect it can have on children.

Most children really enjoy play as there is no right or wrong way when it comes to it. They are able to have the freedom of using their imagination skills to create a whole world of fun. Research shows that Tina Bruce identified 12 "Features of play" and how those features support children in their development as play is the biggest supporting factor when it comes to play.

Tina Bruce expresses on how play can help children, she believes that children most likely learn from their own experiences, also children when playing are most likely to create their own rules for what they are playing so they can contain control within their group.

Children choose when they want to play, no one can force a child to play. Tina Bruce also reflects on how children will practice and portray what they feel will be their future through play for example playing house, playing doctors and nurses. Some children do prefer to play alone or in small groups. Most all children will have a play agenda, they don't want to share but sometimes they will choose to share what it is. Children will include their personal feelings, so they are able to understand relationships including their family, friends and others. These are just some of the features Tina Bruce has identified as the main features of play.

Child-Led Play.

Child-Led Play is form of play when children are given variety of opportunities to choose how and what they want to play. This will give children time and the freedom to follow their inner instincts and do what they want to do, they don't think about how that type of play will help them grow and develop, it's just about having fun to a child.

Also every child has a right to play, in Wales we follow the UNCRC, which includes an article (Article 31) which discusses how “children and young people have the right to have fun in the the way they want to, whether by playing sports, watching films, or something else entirely.” - Article 31. Some may feel that it isn't critical for a child to play but it is theory's have proven that children need time to play being able to relax and use their imagination in a calm and supporting environment.

Child-Led reflects on the idea of the adult having to let go a little bit so they are able to go and do what they feel they really need to do, children need to be given the opportunity to learn and grow through their own experiences not just the ones adults provide children with. Every child has a their own way, not every child play in the same way that another child would play.

Each child led activity is unique as the children are the ones making the choices so each activity will be different to others. Child led is a very important and can really benefit children just much as adult led play does, as it teaches children to use their own imagination and as they developing these skills it can support all children to uncover new things that they enjoy and want to do in order to grow in their development.

Maria Montessori is quoted in an article that she agrees that children learn best when the adult takes a step back to give children a chance to show they are able to do things and accomplish them without the support of the adult. "Never help a child with a task at which he feels he can succeed" - Maria Montessori, what Maria Montessori is trying to say is children should be given the opportunity to succeed in activities without giving support at the first sign of struggle, give the child time and they will succeed in the end.

Child-Led promotes self directed play as the children are given encouragement to engage in their own experiences. They are able to play at the pace they like and use motivation in the interest they have in that type of activity they have chosen.

Self directed play supports children to experience new things through their own self discovery with the freedom to use their own ideas. They will naturally develop skills like problem solving skills and positive attitudes. They are learning to be able to entertain themselves and nurture their creativity and develop their imagination.

Child led play supports holistic play as holistic play covers each area of development. Child led play is when children decide what they want to play. Holistic play can support children's fine motor skills and their ability to coordinate the small muscles. Also it can support the children when they playing and supporting areas such as physical, Intellectual, language, emotional and social. Also certain environments will support the children to succeed in this type of play as we are able to see them in different environments, dealing with the emotional process of it all i comes down to looking at the culture and having the respect and being able to give children the time to play and experiences this type of play.

Outdoor Play

Outdoor play is a very beneficial type of due to it encouraging children to be outside to do all types of different play. Outdoor play offers children a range of activities that can support their development skills and how they grow. Children need to have these experiences in the outdoor environment as it will help them expand their experiences and use skills such as, problem solving skills, communication, imagination. It is seen as outdoor play teaches children about the world and their environment they live in. Outdoor play offers children a sense of freedom and adventure to use their wide imagination skills.

Margaret Mcmillan theory looked the benefits of first hand experiences through play but also from being active is very beneficial for young children. Margaret and her sister both felt that there is a big importance on the need of children need to experience being outdoor in the garden, as it allows children to experience nature and play freely. The nursery that both the sister ran was large and was filled with garden and shelters so the children were able to learn and develop in the outdoor environment as well as the indoor environment. The sisters always promoted the importance of being able to play in the outdoor so it allows them to run and play and so they could be free to explore the nature all round them.

Outdoor play has developed over the years and can offer children opportunities like forest school, where children learn to create fires in safe environment with adult supervision and ability to use any resources to play with. There are such activities that children can do whilst taking part in whilst doing Forrest schools, Forrest schools offers the opportunity to find natural resources to teach children to use resources such as old sheets, sticks, logs, mud kitchen, ropes, buckets, natural fruit, using oranges to create orange juice.

Using natural minimal and natural resources to play in a variety of ways, allowing them to have fun at almost no cost. Also gives children the opportunity to take risks when playing, they are given the opportunity to climb trees with adult supervision, enjoying time in the swing area a swing that is created out of a tyre and rope connected to a tree.

Outdoor play support self directed play as they are given the freedom and the creativity of their imagination to play outdoor as opposed to being directed how to play outdoor. Having self directed play combined with one another helps builds a child self confidence as they are exploring independently and it helps them what they can do in the outdoor area without the support from the adults. They look at the resources available in the outdoor area and it gives them the opportunity to expand their imagination as children using their creativity skills whilst using self directed play encourages them to look at the big picture.

Holistic play is considered as an important factor when it comes to outdoor play as creating a place so free and open environment for the children to discover their natural intelligence will present as they are learning and developing whilst being encouraged to try new things and use their curiosity in the outdoor environment and try new things.

Children are given the opportunity to attend Forrest school in nursery or school learn all sorts of new things that will support their holistic areas of learning and development it also offers children the opportunity to express their love of the outdoor and nature, Forrest schools will give the children an opportunity to have responsibility and they will given problem solving situations that the children must support the teacher solve, this is what Forrest school will look at and support.

Being in the outdoor gives us as the adults the chance to look the holistic side of it and how the child's PILES or SPICES development, Piles looks at the (Physical,Intellectual,Language, Emotional and Social development) and Spices look more in depth, (Social, physical, communication, emotional and spiritual.) Looking at these area of development are suitable whilst in outdoor environment as it aims to cover the areas of development to see how the child is progressing and how the child does whilst in a different environment where more experiences available and they are able to begin taking safe risks.

Section 2.

Why exposing young children to risk is beneficial?

What is risky play?

Risky play has been identified as something that is a feeling of thrill and something so exciting, it draws the children into it but some people feel that there is a risk of injury. This type of play will be able to give children the opportunity to experience challenges, test different limits they may face and find the different boundaries that play type may involve.

In the 21st century and research shows that the new generation is transforming children into “cotton wool kids” this is called the cotton wool approach where children are missing out on experiences which affects a child's self esteem and their confidence and motivation also can easily too much restrictions and limitations on a child's right to play and create experiences when exploring in a safe environment. Parents don't give children as many risk opportunities anymore, children need to be able to experience risks as it

denies children the opportunity to develop skills and manage a variety of environments, like climbing trees and all sorts of physical activities.

It is seen as exposing children to any sort of risk is dangerous for young children. Giving children the opportunity to manage risks themselves and have the capability to take sensible choices.

Risk taking is an important part in not only a child life but everyone lives, being able to manage risks is an important factor when it comes to providing opportunities that will develop a child's growth and learning development. They will learn what's safe and what's not.

Children need to be able to find the balance. Taking risks will provide children with skills they will use through to adulthood for example they will learn to control their balance and coordination, being able to find their capabilities and what the limits of their bodies, they will be the ones to make a judgement on the risk they feel they may want to take, it will enhance their curiosity and wonder of the world, it will especially help grow the importance of problem solving skills and bring out the child creativity and take action.

Not every child is the same some children may not feel comfortable taking any form of risk but some children like the thrill of trying new things like holding onto to animals (spiders, snakes or lizards) or climbing a tree or climbing frame in a park, they are the ones who have to access and look at the risk level and see if they are capable of taking that risk and how it will benefit them in the future.

In conclusion, being able to find and see the balance of giving children more opportunities to explore and take safe risk in their play activities whilst also taking precautions to try and avoid serious injuries is not an easy task. There has been an increase focus on how children play and if it is safe or not, safety is important but also some safety restrictions are restricting children from being able to experience challenges and the thrill and excitement of these activities.

As long as the environment has been risk assessed as a safe environment for the children to play in the children should be granted to have risky play with adult supervision. Due to have extreme look on whether children should be granted to take risks is in place it does take the opportunities for children to learn and experience different activities and this restricts children from learning how to manage risks.

Section 4 - Reflection

To reflect upon my portfolio, I feel as though before beginning I researched my chosen types of play, and how I could link that to self directed play and holistic play. I needed to be able to explain what play is and how having a range of types of play in a child

development will benefit them. I was able to do research through the internet and through books available in the Carmarthen university library and ebooks on our moodle site, i looked through all my research and chose what i feel is appropriate to include in my portfolio.

As i began my risk assessment I had to consider the area i chose and what risks would present themselves to both the children and the adults. I chose to do an outdoor activity as that was one of my types of play i chose to do in section 1, i chose to do a sand and water play activity in a group of 5 children between the ages of 2-3 years old and i chose to have two staff members present during the activity.

The area the activity took place in is an enclosed area in the outdoor area of the nursery. I had to consider the gates in the enclosed area, also the risk of water getting on the floor, sand in children's mouth, whether the toys were safe for the children to use during the activity that none of them were broken. I had to ensure all the information was correctly filled in the risk assessment form.

Doing the risk assessment, i felt as though it went really well as it helped me understand what needs to be considered when undergoing an activity that involves young children, it helped me see what risks i needed to consider and how they could affect young children and the adults involved in the task. i ensured that i included aspects of section 1 in my task and will allow children to take safe risks. As i have explained children need to be able to take safe risks in their play and my task allows that.

In conclusion, I have learnt from completing my portfolio that children need a variety of play types as it supports how they grow and develop. each type of play can support the child's 7 areas of development in many different ways. Also I have learnt that children need access to risky play as it allows them to experience and develop their own sense of danger, it helps to develop their critical thinking and builds on their social and survival instincts. I have found that risk assessment requires detailed information regarding the details of the activity in place. i feel as though all my points are valued as children do need a variety of play type to allow them to experience it all and supporting their development needs.

My point on children needing risky play is valued because if children aren't granted access to risk then they will not be able to experience everything. children need play in their life as play supports a number of development areas as play can develop a

child's social, physical, cognitive, emotional and many other areas especially communication. play allows children to be free and themselves, also allows children to open up when they might not want to as children are comfortable when playing.

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Risk Assessment:

Description	5 children between the age of 2-3 years old in foundation phase area will take part in a sand and water play activity in our outdoor enclosed area. Children to create bubbles and sand castles with materials given. 2 staff member will be present during the activity.
Department:	Outdoor enclosed area in the Nursery
Location:	Y Gamfa Wen Nursery
Author:	Elisha Jane Jones
Line Manager:	Nia Maynard
Date:	16.01.2019
Applicable Equipment:	Sand and water tray Play Equipment involved in the task Gates within the enclose outdoor area
Associated Risk Assessment(s):	3
Version:	1
Review Date:	21.01.2019

Approved by:	Nia Maynard
Reason for latest update	To ensure the activity is safe to do with children and to access any of kind of risks that may be presented.

Print name: Elisha Jane Jones

Signed: E.J.Jones

Authorised by: Nia Maynard

Print name: N.Maynard

Risk Assessment

Ref	Hazard / Task / Activity Area of Concern	Persons at Risk	Existing Controls	Describe Any Further Controls / Actions Needed	Actions By Whom	Action By When
1	Sand and Water Play Tray	Children	Adult supervision so that children cant mix both the sand and the water, also so children don't put the sand in their mouth or chucking water out of the tub which could create dangerous wet surfaces	Anti slip mats to ensure children are safe around wet surfaces Rubber edges to cover sharp corners Ensuring child go in small groups	Myself and other members of staff	Before the children start to play.
2	Gates within the enclosed area	Children	High locks to ensure children are not able to leave or try to escape the enclosed area.	Adult supervision. Checking prior to the activity that all looks are locked t ensure the safety of the child.	Myself and other staff member	Prior to the activity
3	Play equipment	Children and adults	All toys are sorted and kept in boxes to ensure no child or adult will be at risk of falling or tripping.	Limited toys out at once. Ensure toys are clean and not broken so they are safe for the child to play with Age appropriate toys	Myself, other staff member and children	Prior to the activity and during the activity.
