

Active Play: Physical Activity by Stealth

A summary of independent evaluations & research into Active Play

Active Play promotes greater physical activity for Scotland's children in a way that is Fun, Inclusive and Active.

Physical

Stronger bones and heart
Weight control
Improved quality of life
Increased fitness

Emotional

Improved self-esteem
Reduced anxiety and depression
Improved self-confidence
Reduced stress

The benefits of Physical Activity

Social

Build social skills
Make new friends
Meet new people
Social integration

Cognitive

Increased decision making
Improved concentration
Improved problem solving
Improved academic performance

1hr

recommended
daily for moderate
to vigorous physical
activity

1/3

of 6-year-olds
spend 3 hours
screen time per day

1 in 5

Scottish children
meet minimum
daily guidelines for
physical activity

12hrs

the time per day
some primary-
aged children are
sedentary



Sedentary
behaviour in
school reduced by
30mins

92%

Of children play
more outside of
school



95%

Had fun at Active
Play sessions

Active time in
school increased
40mins

Active Play sessions lead to an average 11% increase in moderate to vigorous physical activity (MVPA) in a school day.

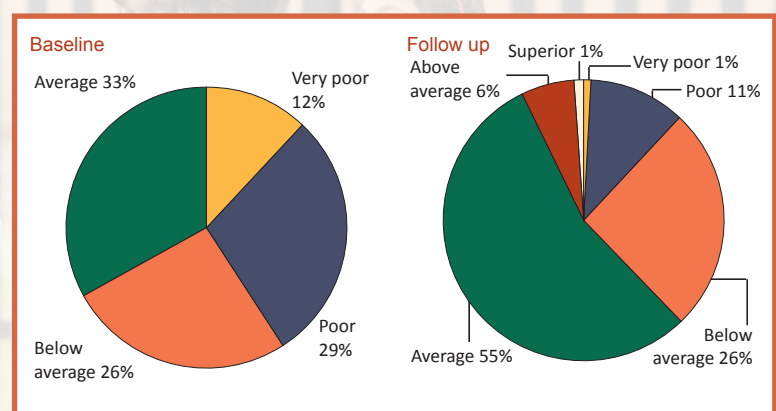
Active Play develops fundamental movement skills, such as coordination and balance, and breeds the confidence and motivation to be physically active.

**competency+confidence+
motivation+opportunity
=physical literacy**

**"The children don't
realise that they
are doing physical
activity."**

Ms Di Pasquale, teacher,
Wellshot Primary School

Development of Fundamental Movement Skills (FMS)



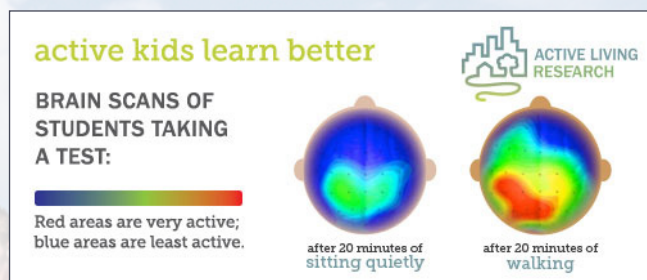
Moderate to Vigorous Physical Activity (MVPA) achieved through school Physical Education can be as low as **11%** of PE class time. The average time spent in MVPA during Active Play sessions is **30%**.



86% of children taking part in Active Play said they liked doing physical activities more than they used to.

Active Play amplifies the link between physical activity, mental alertness and cognitive development with fun, creative and cooperative games.

63% of class teachers said children were more attentive in class following Active Play



"A lot of these games use a group work framework with the kids having to work together, think on their feet, interact and communicate. It's very transferable, the skills they are developing, and you can see it taking place in the classroom almost in tandem with what you see in the playground."

Mr Docherty, teacher, Royston Primary School



"I feel that this is a very insightful way of supporting the raising of attainment... thinking outside the box, avoiding more tests and assessment pieces but actually looking at the emotional, mental and physical well-being, with the knowledge that success will only come if pupils are mentally, emotionally and physically fit."

Jane McShane, Headteacher, Royston Primary School

Information and data taken from Active Play Evaluation Report April 2016 by Arrivo Consulting, baseline and follow-up study into Active Play by Avril Johnstone, University of Strathclyde, Evaluation of Go2Play Active Play programme with Glasgow Education by Blake Stevenson Ltd and Active Living Research 2015.