

SHAPE America and PlayCore Partner to Launch New Edition of Play On! Program



Building communities through play™

An updated and expanded solution to promoting physical activity, fitness and fun recently launched at the SHAPE America National Convention & Expo. Developed by SHAPE America and a team of physical activity experts, the new *Play On!* program offers 125 standards-based playground activities for children in grades PreK-5 that align with the National Standards for K-12 Physical Education for school-age children and Active Start guidelines for preschool-age children. By combining well-designed outdoor play and learning environments and evidence-based programs, schools and parks can maximize the value and potential of their playgrounds and enhance efforts to promote lasting, healthy lifestyles.

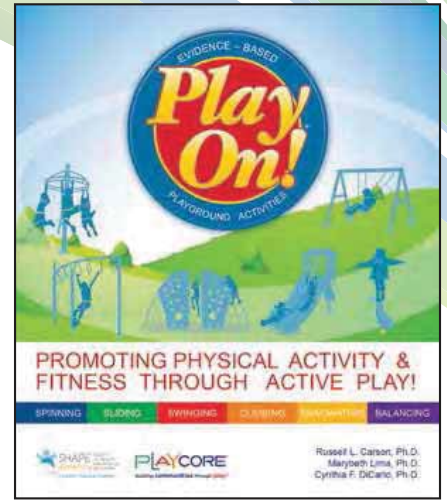
The *Play On!* activities intentionally promote physical fitness, health, strength, endurance, flexibility and balance through six key elements of play—balancing, brachiating, climbing, spinning, sliding and swinging. Playgrounds not only promote gross motor development, but they improve critical thinking and problem solving skills, and provide opportunities for creativity, social interaction and emotional fulfillment. *Play On!* can be successfully implemented during recess, physical education, before and after-school programs, camps, and special events. The unique program also features assessment tools, design considerations, implementation/teaching strategies, family resources and playground funding information.

“We are thrilled to work with schools to provide active play and learning environments and programs that promote physical activity through healthy play. *Play On!* extends learning outdoors and provides children with the foundation that being physically active is fun,” shared Jennie Sumrell, director of education at PlayCore. “Physical educators play a critical role in the planning and development of school playgrounds and the overall utilization

of the space. Playgrounds are large investments for schools, and a thoughtful play space should provide a wide variety of activities that motivate, engage and challenge all children.”

Communities across the nation are seeking valid and innovative solutions to combat childhood obesity and sedentary lifestyles. It is critical for professionals to advocate for play initiatives, effectively communicate the developmental benefits of playgrounds, and demonstrate how investing in play results in healthy community outcomes. *Play On!* provides new, meaningful strategies for schools and recreation programs to strengthen, educate and build healthier bodies through active playground play. It also offers an avenue for schools to be recognized for their leadership and effort through the National Demonstration Site program which awards certification, signage and promotion for spaces designing the space to implement the program.

To learn more about creating a *Play On!* outdoor play environment, research findings, program implementation, or the National Demonstration Site program, please visit: www.playcore.com/PlayOn



Play On!:

- Helps schools and recreation facilities align with National Standards for Physical Education and 60 minutes of recommended physical activity.
- Promotes moderate-to-vigorous levels of physical activity.
- Teaches children, families and communities the significant health and developmental benefits that outdoor play environments offer.
- Reinforces classroom learning outdoors through cross-curricular activities.
- Helps link to potential funding to support health and wellness initiatives.
- Maximizes playground investments for use during free play, structured physical education, energizers and before/after school programming



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EVIDENCE-BASED PLAYGROUND ACTIVITIES PROMOTING PHYSICAL ACTIVITY & FITNESS THROUGH ACTIVE PLAY



The purpose of Play On! is to promote physical fitness and fun through the use of well-designed outdoor play environments and creative playground learning activities.

Play On! curriculum guidebook includes:

- 125 standards-based playground activities for grades PreK-5
- Assessment worksheets and equipment lists
- National Standards of Physical Activity alignment matrix
- Safety, implementation, inclusion, and teaching strategies
- Design strategies
- Funding resources

To learn more about creating a Play On! play and learning environment in your community, purchase a **Play On!** program, or to learn the benefits of becoming a model **National Demonstration Site**, please visit: www.playcore.com/PlayOn

Developed in Partnership with



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