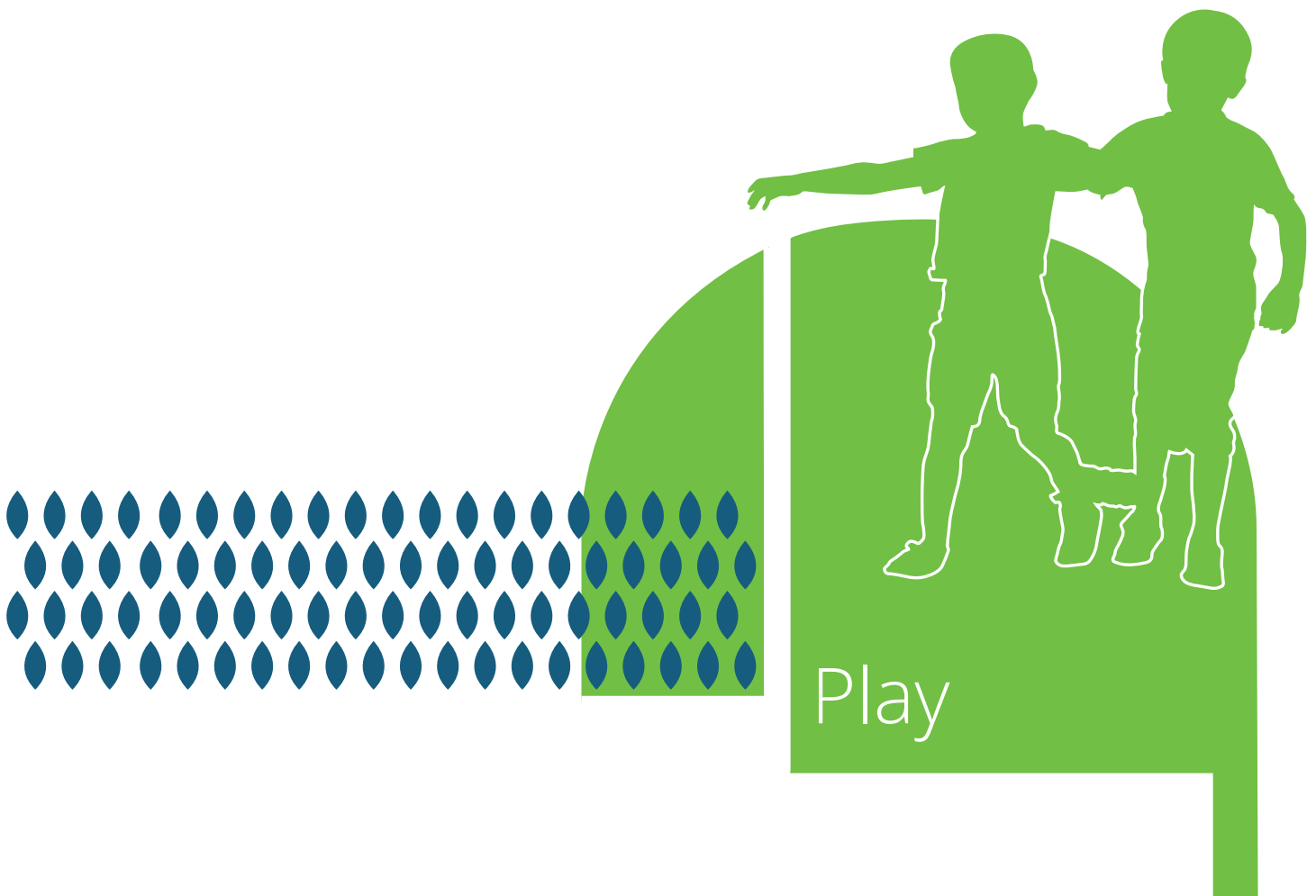


Dundee Physical Activity Strategy



MISSION :
DISCOVER WHERE WE ALL EXPERIENCE, EXPLORE, ENJOY AND LEARN THROUGH PLAY, EVERYDAY

CONTEXT

Playing is central to children's physical, mental, social and emotional health and wellbeing. Article 31 of the United Nations Convention on the Rights of the Child sets out the right of every child and young person to play:

"Play is a fundamental and vital dimension of the pleasure of childhood, as well as an essential component of physical, social, cognitive, emotional and spiritual development."
(Committee on the Rights of the Child, 2013)

Through play, children develop resilience and flexibility, contributing to their physical and emotional wellbeing:

"The importance of play in children and young people's daily lives and to healthy development has become increasingly recognised in recent years. A growing body of evidence supports the view that playing, throughout childhood, is not only an innate behaviour but also contributes to quality of life, sense of wellbeing and is a key element in effective learning, thereby developing their physical, cognitive, emotional and social skills. The research suggests that, from the first stages of growth through to adulthood, play has a central role in developing strong attachments. Play between caregiver and infant helps establish the neural pathways for developing wider attachments with other children and adults."
(Lester and Russell, 2007) *Play Strategy for Scotland*

For children themselves, playing is one of the most important aspects of their life. Play supports children's problem solving skills and nurtures their creativity, as well as providing rich opportunities for their developing imagination, inventiveness and resourcefulness.

Dundee will provide opportunities to play and provide the support to realise such opportunities by focusing on the following priority areas:

VISION : DISCOVER PLAY IN DUNDEE



By increasing the awareness of the value and importance of play within our leaders, workforce and children and families, Dundee aims to *Get It Right for Every Child* by ensuring positive outcomes for children and achieved under every *SHANARRI* wellbeing indicator.

The Play Framework has been developed through engagement with communities as part of the development of the new Local Community Plans.

The Play Framework has an important role to play in improving outcomes for children and families and therefore the governance of this Framework and associated Delivery Plan will sit within the Children and Families Executive, which reports directly into the Dundee Partnership.



The Care Inspectorate is showing its support for nurseries, childminders and other early years care services that take a positive approach to risk, by setting out its position on regulating for risk in play. It launched its position statement in January 2016.

“The Care Inspectorate supports care service providers taking a positive approach to risk in order to achieve the best outcomes for children. This means moving away from a traditional deficit model that takes a risk-averse approach, which can unnecessarily restrict children’s experiences attending registered services, to a more holistic risk-benefit model. For example, we encourage services to use risk assessment to support children to enjoy potentially hazardous activities such as woodwork using real tools, exploring nature and playing in the mud and rain. We do not expect written risk assessments to be carried out for daily play activities.”

OUR PRINCIPLES AND VALUES

We are committed to children’s, young people’s and families’ right to play and be playful.

We actively engage with children, young people and families to identify and improve their opportunities for play.

Play is inclusive so that all children and young people can take part.

Our resources are allocated and prioritised based on evidence and understanding of need.

We value the importance of outdoor play and playfulness in natural and urban environments.

We understand how play contributes to improvements in learning and raising attainment in health and wellbeing, numeracy and literacy.

We understand the benefits as well as the risks of play.

We work in partnership to deliver improved play opportunities for children and young people.

PRIORITY 1 : PLAY AT HOME

Dundee’s parents and carers are a child’s first educator and are crucial in encouraging their child’s development from birth to adulthood.

OUTCOMES

- 1.1 Increased parent’s and carer’s awareness on the value and importance of play and being playful in the home and everyday life, including perinatal stages.
- 1.2 All professionals, who impact on children’s opportunities to play, work with families and carers to increase their skills and confidence on how to play in and around their home, garden or communal space, as part of everyday life.
- 1.3 Increased knowledge, skills and confidence of parents, carers and professionals to support play in the home, with special focus on looked after children and children with complex and additional support needs.
- 1.4 A strategic multi-agency approach is developed to deliver universal and targeted parent led “Play” programmes and family learning interventions.



PRIORITY 2 : PLAY IN CHILDCARE SETTINGS, NURSERY AND PRIMARY AND SECONDARY SCHOOL

Children and young people in Dundee have an entitlement to access childcare, nursery and schools that purposely support their health and well being and nurture happy, healthy children through stimulating outdoor play experiences on a daily basis.

OUTCOMES

- 2.1 The use of community resources, including school playgrounds, where appropriate, is maximised.
- 2.2 All stakeholders involved in the planning, design and maintenance of nursery, primary and secondary school facilities, specifically outdoor spaces, effectively engage with children, young people and families.
- 2.3 Increased number of childcare settings, nurseries and schools offering quality free play experiences in stimulating spaces with access to nature, on a daily basis in all weather conditions for all ages including children with complex and additional support needs.
- 2.4 A whole school and community approach to outdoor learning and play using pupil involvement and family learning approaches is developed.
- 2.5 Schools are supported to maximise the opportunities in their facility for children to play freely while they learn to assess risk.
- 2.6 Increased number of children who can ride a bike.
- 2.7 Increased awareness and understanding of how play contributes to improvements in health and wellbeing as well as raising attainment in numeracy and literacy across all ages.

GETTING IT RIGHT FOR EVERY CHILD

Getting It Right For Every Child (GIRFEC) is the national approach in Scotland to improving outcomes and supporting the wellbeing of our children and young people. It places their wellbeing at the centre of services by using eight indicators: * Safe * Healthy * Achieving * Nurtured * Active * Respected * Responsible * Included *. Play supports, and indeed is integral to, all eight indicators.



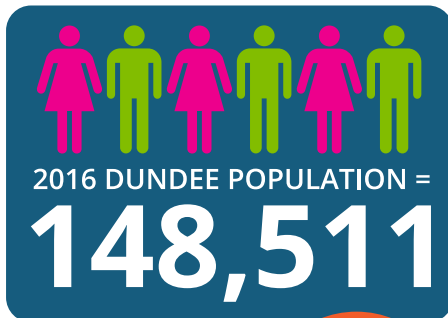
PRIORITY 3 : PLAY IN THE COMMUNITY

All children and young people in Dundee have sufficient time and space for playing and being playful within their community. Play is valued, encouraged and supported in our communities.

OUTCOMES

- 3.1 Outdoor play is prioritised within public planning, including planning guidance and community planning. This should also apply to new housing developments.
- 3.2 Children, young people and families are effectively engaged throughout the planning process to ensure developments meet their needs.
- 3.3 Improved provision and distribution of play spaces and equipped areas for play in Dundee are prioritised to the areas of greatest need.
- 3.4 Barriers to play are reduced or removed. Our parks and open spaces are maintained to a high standard.
- 3.5 Positive messages and signage about encouraging play in the community are promoted.
- 3.6 Increased participation of communities playing in their streets, parks, local green and open spaces, such as woodland, water, hills and beaches.
- 3.7 The needs of looked after children, and children with complex and additional support needs are considered and prioritised in line with our overall GIRFEC approach.
- 3.8 Areas identified as having insufficient outdoor play provision are provided with temporary solutions until permanent solutions are found.

DID YOU KNOW?



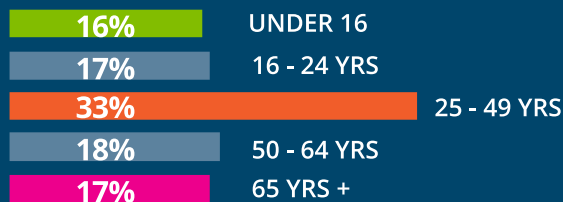
Projected increase
in overall population
over next 25 years =

5.9% (nrs)

IT HAS
INCREASED
EVERY YEAR
SINCE
2012

31% of Dundee areas within **15%** most deprived areas in Scotland

CURRENT AGE % BREAKDOWN OF POPULATION



Working age
population
in Dundee is
expected to
fall by 1% in
the next
25 years.

28% increase in over 65's
expected over next **25 YRS**



Dundee will provide leadership to create stimulating environments for play and playfulness through a knowledgeable workforce who plan, coordinate and deliver play and outdoor learning in an integrated way.

OUTCOMES

- 4.1 A multi-agency Play Leadership Group, with agreed terms of reference is established, which is accountable for the production, resourcing and performance management of an integrated Delivery Plan. The Play Leadership Forum reports to the Children and Families and other relevant Dundee Partnership Theme Groups.
- 4.2 Resources are shared and maximised across the partnership to meet agreed outcomes and priorities.
- 4.3 Outcomes are measured and can demonstrate impact and contribution to the SOA, Dundee's Physical Activity Strategy, the Children and Families Executive and Local Community Plans.
- 4.4 Increased confidence and skills of the workforce to measure the impact of play and outdoor learning programmes involving families in the home, childcare, nursery, school and community settings.
- 4.5 An engagement strategy is developed and implemented and is used to give children, young people and families the opportunity to influence key decisions affecting the planning and delivery of play facilities and services.
- 4.6 All partners are using a shared communication and engagement plan that is consistent with the agreed principles and positive messages about play and outdoor learning.
- 4.7 Families can easily access local information about play opportunities in the area in which they live, including equipped and natural areas for play.
- 4.8 All decision makers, leaders and workers who have a responsibility to work with or impact on children's lives are signed up to the Play Framework and embed the importance of play, and how play can be modelled within their service.
- 4.9 Play and outdoor learning is used as a tool to support a child's wellbeing as part of the implementation of GIRFEC.



ACTIVE SCOTLAND OUTCOMES

WORLD CLASS
SPORTING SYSTEM

NATIONAL PLAY
STRATEGY

PHYSICAL ACTIVITY
IMPLEMENTATION PLAN

CREATIVE SCOTLAND
NATIONAL OUTCOMES

DUNDEE PHYSICAL ACTIVITY STRATEGY

VISION: - 'DUNDEE - AN ACTIVE CITY WITH ACTIVE PEOPLE'

SPORTS & RECREATION FRAMEWORK



Priorities:

- Education & Community Sport
- People & Places
- Events & Communications
- Leadership & Governance

PLAY FRAMEWORK



Priorities:

- Play at Home
- Play in Childcare Settings, Nursery & School
- Play in the Community
- Leadership & Governance

ACTIVE LIVING FRAMEWORK



Priorities:

- Active Communities
- Active Workplaces
- Communication & Infrastructure
- Leadership & Governance

DANCE FRAMEWORK



Priorities:

- Access & Participation
- Profile & Communication
- People & Places
- Leadership & Governance

DUNDEE PERFORMANCE FRAMEWORK

PHYSICAL ACTIVITY STRATEGY

For more information on the Dundee Partnership Physical Activity Strategy please contact us at physicalactivity.strategy@leisureandculturaldundee.com or visit our website at www.dundeepartnership.co.uk

PLAY FRAMEWORK

If you would like more information on the Play Framework, any activities in the city or be linked to any of the partners involved please email the framework group chairperson, Gary Robertson at gary.robertson@dundeecity.gov.uk