

5 step guide to Playworks

CHANGE 

Love your community



PLAYWORKS

Introduction



**"Welcome to the ChangeX Playworks Guide!
We're delighted that you're thinking about getting
Playworks started in your school. Here you can learn
step by step what's involved. We're here to help at
every stage of the process so don't be afraid to get
in touch!"**

Jill Vialet, Founder of Playworks

What is Playworks?

Playworks creates inclusive environments for play and physical activity both within and beyond the school day to build empathy, increase learning, and improve behaviour, with research showing essential benefits to child development, an improved school climate and more focused students. Playworks trainers use customised, high-energy workshops, along with coaching and support to teach teachers play strategies, how to use games and group management techniques to teach children how to play well together, share, resolve conflicts and develop leadership skills. Break time is designed to become a more active and inclusive experience for all students.

Why it matters

In Playworks' experience, diminishing opportunities for unsupervised play in our society have left children with a very thin understanding of how to manage their own play, and that it is important to have grown-ups introduce some basic rules to make play work. Physical inactivity and growing levels of obesity among children have also become a major issue in many communities.

Background

Playworks (originally Sports4Kids) was founded in 1996 by Jill Vialet, after a meeting with a principal in Oakland, California, who identified recess as a particularly challenging element of the school day. Playworks' goal is to transform breaktime and the school day with safe and healthy play so teachers can teach and kids can learn. In 2013, Playworks was directly serving 185,000 students in 23 cities in the US, and another 275,000 through training services. In 2014, Playworks launched in Ireland and there are currently 20 schools actively using the programme.

Overview



5 STEPS

1. Learn more about why it works
2. See Playworks in action
3. Sign up for training
4. Attend training
5. Start Playworks in the yard

WHO

Someone who...

- is passionate about the importance of play
- is a teacher, principal or working in a primary school
- or is a parent who would like to see this programme in their local school

RESOURCE CHECKLIST

- Training application
- Buy-in from teachers in school
- Commitment to ongoing learning & support

TIME



You'll need 1 week to complete Playworks Training during school summer holidays and after this Playworks will become part of your school day.

Step 1:

Learn more about why it works

Before you decide to get started with the Playworks programme in your school you'll want to know that it really works.

Playworks is an evidence-based programme and numerous evaluations have been carried out showing the positive impact including reduced bullying, improved feelings of safety, increased physical activity and more time for classroom teaching.

You can check out further research on the importance of play on the Playworks website:

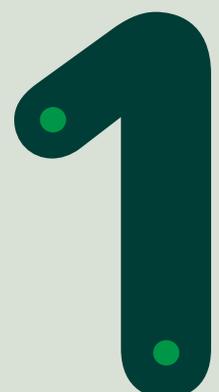
[Further Research](#)

If you have ten minutes, watch this video from Playworks Founder Jill Vialet speaking about the power of play:

[Watch Video](#)



LEARN



Step 2:

See Playworks in Action

To really appreciate the magic of Playworks, seeing it in action is a must! Playworks has successfully been up and running in a number of Irish schools now for a while.

One of these schools is Galway Educate Together and the principal and teachers in Galway regularly host open days for other teachers to drop in and see how the programme works.

If it suits you to travel to Galway, email julia@changex.org and we can help you arrange a time that suits to visit. We can also arrange for you to speak with them and hear first hand about their experience of the programme. If Galway is too far away, we can hopefully arrange one nearer, just get in touch with julia@changex.org.



This is Michelle, a big fan of Playworks, she works at the Educate Together school in Galway and she has been leading the rollout of the programme there every break time for over a year. She has noticed a huge difference in the school since they started using Playworks happier kids, more fun and less conflict.



Step 3: Sign up for training

Now that you know more about about the programme, maybe you've seen it in action and you've decided it's the right programme for your school, you can sign up for Playworks Training.

Designed for playground supervisors, educators, and youth workers who support playground activities, Playworks offers a range of training programmes and supports to help you lead the programme in your school. Training programmes can be tailored to the needs of your school or youth group and are delivered by experienced Playworks professionals. The training programme covers everything you need to allow you to be successful in helping children play well together, share, resolve conflicts, and develop leadership.

As Playworks begins to expand in Ireland, we're currently accepting expressions of interest for training. The latest batch of schools completed training in Galway Education Centre in Summer 2014. Details of the training are yet to be confirmed, but you can [sign up here](#).

×

TRAINING

×

×

3



Step 4: Attend training

Your first training session will equip you with the skills you need to begin implementation of the programme. You'll learn all about the ethos of Playworks and how it works in practice.

It's important to think about how it'll work best in your school and remember that it'll take a commitment from everyone in the school to make sure that the programme has most impact.

Following the training session, you'll also have the opportunity to stay connected with the network of schools successfully using the programme in Ireland. As the network of Irish schools grows, more online supports and in-person follow up training will be made available.



TRAINING

4

Step 5: Start Playworks in the Yard

Playworks provide you with your very own [Game Guide](#) which provides you with lots of new games to play and experiment with in your school.

Remember it'll take some time for everyone to get the hang of it but don't worry the benefits will pay off!

Get in Touch

Now that you know what's involved in we hope you're ready to get started.

Otherwise you can register your interest [here](#) and we'll be in touch very soon!



START
5