



OPAL AT MEIR HEATH



What lunch times look like...

- Children are exposed to rich, varied and engaging play opportunities in all weathers
- Children have access to a wide range of games, equipment and imaginative play
- Inclusive areas for children of all ages and abilities
- Child-led play fostering independence and creativity
- Safe risk-taking will be encouraged to build confidence and problem solving skills



How outdoor play helps children holistically:

- **Physical Development:** Builds strength, coordination, and fitness.
- **Social Skills:** Encourages teamwork, communication, and conflict resolution.
- **Emotional Well-being:** Reduces stress, boosts happiness, and enhances resilience.
- **Cognitive Growth:** Stimulates creativity, problem-solving, and decision-making.
- **Environmental Awareness:** Fosters a connection with nature and understanding of sustainability.
- **Independence:** Develops self-management and responsibility through child-led play.



How OPAL Play can benefit childrens learning:

- **Improved Focus:** Physical activity during play reduces restlessness, helping children concentrate better in lessons.
- **Increased Creativity:** Open-ended outdoor play fosters imagination, which enhances creative thinking in classroom tasks.
- **Better Social Interactions:** The social skills developed during play support positive group work and collaboration in class.
- **Emotional Regulation:** Engaging in outdoor play helps children return to class calmer and ready to learn.
- **Enhanced Problem-Solving Skills:** Opportunities for independent decision-making during play translate into better problem-solving abilities in lessons.



Meir Heath Voices

"We don't know what to play with, there's too much choice!" - **KS2 child**

"This is best fun we've had in a long time!" - **KS1 child**

"The children are full of excitement when they come in from dinner time play. You can see it on their faces how happy they are. There is such a buzz on the playground now!" - **Class Teacher**

"My child is loving the variety of equipment and the imagination it brings to his play." - **Parent**

"All the children can learn so many different things. The children seem to love it and have so much fun!" - **Parent**

