Ideas for Developing Outdoor Provision

Learning outside the classroom supports the development of healthy and active lifestyles by offering children opportunities for physical activity, freedom and movement, and promoting a sense of well-being. The British Heart Foundation states that nearly a third of today's children are obese or overweight. Increasing participation in physical activity is essential to improve our children's physical and mental health and to prevent future cardiovascular disease. If you are lucky enough to have a large indoor space remember to utilise this too for fun things like, dance and drama, yoga and chasing games.