

"Recess can either be a time that prepares students for learning or it can be a time that adds to a student's level of stress. With Playworks at our school, recess has come to have a direct and positive impact on how students feel about themselves and their school and subsequently has led to higher academic performance."

**Brian Schmaedick,** Principal Goss Elementary School, San Jose, CA









## Why Play... and Why Play Works

Every day, millions of children spill onto the playgrounds of America's schools at recess. While recess appears to be just a break in the school day, it is actually critical for children and their learning. Recess is the time children can be physically active and learn valuable lessons about teamwork and cooperation, how to resolve simple conflicts and how to manage their own play.

Unfortunately, recess can also be a chaotic time filled with conflicts and commotion. Playworks partners with schools across the country to transform recess into a positive and productive part of the school day so children return to their classrooms eager and ready to learn.

According to research, play is essential for healthy child development and an invaluable tool for improving school climate. Published studies show that quality recess and playtime help children maintain positive classroom behavior and focus on academic tasks.

Since 1996, Playworks has been transforming America's schools, tapping into recess, working alongside teachers and developing leadership and team play as opportunities to take learning one step further. Directly supporting schools, teachers and students, Playworks is the only organization in the country focused solely on maximizing the educational impact of recess and play.

With its dynamic training and technical assistance services for schools and communities that are not served through its on-site programs, Playworks has created a successful and scalable model for providing safe and inclusive play for every child, everywhere.

#### PLAYWORKS AND A POSITIVE SCHOOL CLIMATE

More than any other organization in the country, Playworks has demonstrated first-hand the difference that play can make for a positive school climate and learning environment.

Surveys of principals and teachers in Playworks' network schools reveal:

- 85 percent of principals at first year schools report students were more engaged in school since having the program;
- 72 percent of students report Playworks made them want to attend school more;
- 63 percent of staff said that the transition time from recess to classroom instruction has decreased, allowing them to regain up to 36 hours of teaching time a year;
- 91 percent of teachers and principals said that with Playworks at their school students are more cooperative with each other, and
- 87 percent reported that bullying or name-calling during recess has decreased.
- With documented success at the sites it serves, Playworks will build its vision and expand to serve more than 600 lowincome schools in 27 cities and reach nearly 250,000 children by 2013.



### **Connecting Positive Play to Classroom Learning**

Driven by a vision that one day all children will play every day, and by research that demonstrates the value of play for children's learning, Playworks has created a masterful, scalable approach that brings the benefits of safe, healthy play throughout the school day.

Playworks demonstrates how a full-time model, operating from the first day of school to the last, can effectively incorporate play into any school's efforts to improve school climate and the learning environment for all students.

Playworks has helped hundreds of schools realize the potential of play and tens of thousands of children embrace, teamwork cooperation, creativity and imagination as part of their school experience. Playworks provides its direct services exclusively to lowincome schools, helping to build a positive school culture, minimize inequities and ensure that all kids return from the playground to class eager and ready to learn.

Delivered by a well-trained, caring and enthusiastic program coordinator, or "coach," equipped with energy and imagination,



high fives and hula hoops, and a comprehensive, proven system for positively engaging children, Playworks' direct service model focuses on five key components in a school setting.

**Recess** is the cornerstone of the Playworks model. When Playworks coaches take to the blacktop or hardwood each recess, they bring healthy, inclusive play that moves kids off the sidelines and engages them in the action. While they initially structure playground games and activities, Playworks coaches consider their efforts most successful when students learn to run games and manage playground activities by themselves.

The Playworks **Junior Coach Program** builds play into leadership. This special activity brings teams of students together to learn games, fair play and positive conflict resolution on the playground and to teach these skills and lessons appropriately to their classmates.

Playworks supports teamwork, cooperation and inclusion through **class game times**, when coaches work with classroom teachers to deliver a structured, play-based curriculum based on youth development principles. The goal is for students to gain a positive experience with physical activity and be inspired to acquire new games and skills as they grow.

Playworks' **before and after-school programs** create strong bonds and support academics, providing homework help, physical activity and community-building during non-school time.

Finally, Playworks provides participation opportunities with **developmental sports leagues**. These co-ed sports programs allow students of limited means to participate in team sports that they might otherwise be unable to enjoy.

# Playworks Training – A Catalyst for the Play Movement

To serve its vision of play and expand its model beyond the cities and low-income schools served through its direct services, Playworks has developed a comprehensive model of training and technical assistance for adults who wish to provide inclusive, healthy play as part of a positive community and learning environment. This national, bestpractices model is built on Playworks' experience with hundreds of schools, and is instrumental in creating meaningful partnerships for play throughout the country.

Playworks trainers work on location with adults in schools, preschools, camps and other organizations who understand the value of play in their schools and communities. Through these customized, high-energy, intensive trainings, and with ongoing technical support, teachers and other professionals who work with children learn how to use games, play strategies and group management techniques to teach kids how to play well together, share, resolve conflicts and develop leadership skills.

> By instilling youth development principles within each game, strategy, and discussion, Playworks Training provides participants with tangible tools they can immediately implement into existing programming. Participants walk away with a greater awareness of how their work impacts the healthy development of each child in their schools and programs.

#### **PLAYWORKS AND BEYOND**

Playworks is about much more than simply bringing a proven model to schools and students who need it; it is about supporting play as a pivotal element of a healthy childhood and learning experience for every child.

With more experience than any other organization in bringing play to America's school yards every day, Playworks is well-positioned to build a movement in support of play, and to connect people to this movement. Through an active community engagement initiative, Playworks is amplifying the message about the fun and seriousness of play as it relates to youth development and learning, and inspiring others to support the vision that "Every child in America will get to play everyday."

Playworks is working to create a massive national network of parents, teachers, principals, volunteers, policymakers, physicians, funders, athletes and others to share our commitment to making play a serious part of every child's school day.

There are many opportunities to support the movement for play, to help build awareness for the movement and to educate others. To learn more or to share your ideas about building support for the movement, please visit the Playworks website www.playworks.org.





Playworks National Offices Oakland, CA 510.893.4180 www.playworks.org Playworks also operates offices in:

Baltimore, MD Boston, MA Los Angeles, CA Newark, NJ New Orleans, LA Oakland, CA Portland, OR San Francisco, CA Silicon Valley, CA Washington, D.C.

"We want to rebuild our educational system by creating an educational movement that puts play at the center of school improvement efforts. We know play works as a strategy for supporting teaching and learning – we've seen it in lowincome schools across the country. We'll keep playing at it until every adult who works with kids experiences the power of play too."

*Jill Vialet,* President and Founder Playworks



#### Diana Colón: From Chaos to Showtime

Ever since Playworks came to Joseph K. Hurley K-8 School in Boston's South End, things have been a bit easier after recess in Diana Colón's first grade class.

"Recess before Playworks was a free for all," she laughs. "There was really nothing to do. There was a jungle gym, blacktop and a swing set with no swings. Then the kids discovered they could go up the slide instead of down. There were lots of collisions, lots of little injuries."

Ms. Colón says every day after recess, she had to spend at least 10 to 15 minutes just calming her students down when they came back to the classroom.

"Particularly in first grade, little dramas become huge issues that escalate to tears," she explains. "If something went wrong on the playground – someone took a wrong turn or played 'unfairly,' someone got shoved in line, someone misunderstood, the kids would bring it back into the class and I'd have to calm them down."

Now there are least four activities going on at recess and all the kids are engaged and playing together, Ms. Colón says. "The dramas have evaporated, and the students come back to class with a much better mindset."

And that extra time Ms. Colón once spent resolving issues? "For the first time, the kids get show and tell," she says. "I couldn't do this before Playworks."

#### 2008-09 PLAYWORKS SOURCES AND USE OF FUNDS

Playworks relies on a diversified funding model for sustainability. Schools pay about 30 percent of the cost of the program, which ensures a sustainable base of funding for growth. The other 70 percent comes from a combination of private foundation, government, corporate and individual supporters.

Our vision is to provide safe, healthy and inclusive play to more than a million children by the end of 2012. This is an ambitious goal, but we have a proven, sustainable model and a track record of success that we've worked to build for more than 13 years.







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# Portland



# 2010-11 Portland Schools

- Beach School
- **Bridger School**
- Grout Elementary School
- King School
- Jason Lee School
- Markham Elementary School
- Marysville School

Playworks launched in eight Portland public schools in September, 2009. The expansion to Portland marks Playworks' entry into the Pacific Northwest, where our team of trained, caring program coordinators, or "coaches," are helping students learn by making the most of their time at recess.

Playworks supports classroom teaching and learning in Portland by providing safe, healthy and inclusive play and physical activity to schools at recess and throughout the entire school day. No other organization matches our experience transforming play and recess into tools to support learning. Since 1996, we've worked on-site with hundreds of low-income schools in major urban areas.

Research shows that play is essential to child development and an invaluable tool for improving school climate. Playworks' success all across the country demonstrates how high quality recess helps children return to the classroom focused and ready to learn.

- Ockley Green School
- Rigler School
- Rosa Parks Elementary School
- Sitton Elementary School
- Woodlawn School
- Woodmere Elementary School

Playworks plans to expand its programming in Portland over the next several years, in part with support from the Robert Wood Johnson Foundation.