

# Outdoor Learning



## Fraserburgh South Park Nursery

2023

## **UN Convention on the Rights of the Child**

**Article 31 (Leisure, play and culture):** Children have the right to relax and play, and to join in a wide range of cultural, artistic, and other recreational activities.

Current guidance published in *My World Outdoors* recommends:

As a minimum we expect children and young people of all ages to experience:

- routine access to a stimulating outdoor play area including daily opportunities to spend time outdoors and, if children attend full-time, part of their day should be spent outdoors
- freedom of choice to move between the indoor and outdoor environments, whenever practicable
- the opportunity to explore the natural environment both in the nursery environment and within the local surroundings.
- access to a range of high-quality outdoor play and learning opportunities throughout the year
- resources to support learning and development.

Through access to a range of outdoor activities we expect that children will:

- participate in a wide range of activities that will support a healthy lifestyle
- develop the skills to access and manage risk
- experience personal achievement and build confidence
- explore and make choices
- develop physical skills through movement and energetic play.
- Promote curiosity, enquiry, co-operation, resilience and many other skills outdoor play enables

At South Park Nursery, we value outdoor play as a vital part of a child's development.

"There is a growing body of research that shows that young children's access to nature and outdoor play is positively associated with improved self-esteem, physical health, development of language skills and disposition to learning." (Davy, 2009)

We make use of the local community where possible, for example visiting the local wooded area's and park, trips to local shops, a walk in the local area, visiting the local library or beach. Risk assessments for these activities are carried out and can be found in the Nursery Risk Assessment folder.

Outdoor play provides opportunities for children to develop their capacities as successful learners, responsible citizens, confident individuals, and effective contributors - the four capacities of Curriculum for Excellence.

As successful learners they will:

- ◆ Talk and listen to others about ideas, plans and what has been discovered.
- ◆ Explore new contexts and materials.
- ◆ Have enjoyment and satisfaction.
- ◆ Plan their own learning and play.
- ◆ Enjoy and engage with new technology, environments, and opportunities.
- ◆ Problem solve and test new strategies.
- ◆ Learn collaboratively and co-operatively with other children and adults.
- ◆ Learn about the natural world and the environment.
- ◆ Think creatively, with others and independently.
- ◆ Apply new skills and knowledge across contexts.
- ◆ Use tools and equipment to build, dig and create.

As confident individuals they will:

- ◆ Enjoy their own physical abilities whilst building self-resilience.
- ◆ Develop a sense of physical and emotional wellbeing and health.
- ◆ Develop awareness of their own limitations and strengths.
- ◆ Find out about staying safe and helping others to be safe.
- ◆ Experiment and take risks.
- ◆ Feel comfortable and supported when trying new challenges.
- ◆ Become determined and resilient in the face of difficulty.
- ◆ Make choices and decisions.

As responsible citizens they will:

- ◆ Take care of and consider others within the outdoor environment.
- ◆ Learn about looking after their own health and wellbeing - staying safe in the sun, dressing up warmly in the cold, looking out for hazards, etc.
- ◆ Help in the planning and organising of outdoor areas.
- ◆ Respect their own strengths and limitations, and those of others.
- ◆ Persevere and persist with an interest or challenge.
- ◆ Become increasingly independent and self-sufficient, able to seek help or support when needed.
- ◆ Contribute ideas, suggestions, and opinions.
- ◆ Express feelings needs and preferences.

As effective communicators they will:

- ◆ Co-operate and collaborate with others.
- ◆ Devise plans and strategies to improve outdoor areas.
- ◆ Listen to and respond to instructions.

- ◆ Follow through plans and work through challenges.
- ◆ Use their own initiative, work co-operatively on their own or in groups.
- ◆ Learn to share and take turns.
- ◆ Learn to support others.

Parents/carers are requested to provide their child with a jacket/coat or a sun hat, and to wear sun cream to Nursery, depending on the weather. Parents/carers are also asked to ensure their child is wearing sensible footwear.

The nursery provides waterproof suits when necessary.

We ensure at South Park Nursery that we visit the beach for an entire session at least once per term often in a regular area and at times with the Infant area primary one's, two's and threes. This enables the children to become familiar with the teachers and Head Teacher out with the school building. We also regularly visit the woods and have use of an excellent area the children are comfortable and have a sense of belonging. We want our children to be proud of their community, feel a sense of belonging and grow to love and care for our local and wider environment.

The place in which children learn also helps them to make connections between their experiences and the world around them in a meaningful context. Outdoor places provide a diversity of resources and spaces that is hard to replicate in an indoor environment.

'All children and young people have the right to play and the right to learn as enshrined in the UN Convention on the Rights of Children. Playing outdoors enhances learning and is fundamental for children and young people to thrive in health, wellbeing, and development.

It is our shared responsibility to support and enable all of Scotland's children and young people to access our diverse greenspaces and natural landscapes and to empower them to enjoy these spaces for the purposes of playing and learning. We commit to working together to meet these responsibilities.'  
(Scotland's Outdoor Play & Learning Coalition Position Statement)

Other guidance we use to ensure the best learning experiences include

Outdoor Learning, a practical guide for teachers and practitioners, Education Scotland

<https://education.gov.scot/improvement/documents/hwb24-ol-support.pdf>

My World Outdoors

[https://www.careinspectorate.com/images/documents/3091/My\\_world\\_outdoors\\_-\\_early\\_years\\_good\\_practice\\_2016.pdf](https://www.careinspectorate.com/images/documents/3091/My_world_outdoors_-_early_years_good_practice_2016.pdf)