

# Active Play Active Learning

Find places in your neighbourhood that you might not have thought about as places to play. There are places close to home that will give your children opportunities to learn through active play.

**Active Play\_Active Learning** is a series of play ideas that will encourage parents and children of all ages to be active in local community spaces. EarlyEd's therapists and educators will show you some great ways for you to help your child develop and use their skills to play, explore and learn.

## RECONNECT WITH LOCAL PLAY SPACES

### JERSEY RD PARK

What a great little park! So much to do for all ages: A bike track, places to hide and explore, play equipment, imaginary play in spaces with walls, windows and doorways and a picnic area.

There are no busy roads close by.

*"Access is from Broughton Road, or via part of the "Ararmon Pathways" system – two paths from Buller Road and one from Milner Road."*

*Parks, reserves and playgrounds Willoughby City Council (nsw.gov.au)*

For more ideas about activities to help your child stay at the park, such as play with water, encouraging children to use slopes, and creative ways to use walls and other parts of the park to help your child want to stay longer. Click on the QR code below.



### NO FENCES? NO ISSUE.

The park is not fenced but it is reasonably easy to see where your children might be and has clear physical boundaries. The equipment is well laid out so that children won't easily run into moving people or equipment.

Help your child know what area to play in. Give them landmarks to stay inside.

**"You need to stop at the fence and come back."**



### BIKE TRACK

This is such a great track for younger riders. The path is a circuit and includes a challenging slope, and flat bits.

**Not up to bikes or scooters yet?**

Pull along a toy instead.



**Walking or wheeling,  
bending, reaching,  
talking, touching,  
climbing and watching**

are some of the various ways children explore and play and learn.



Images taken at Jersey Rd Park Willoughby City Council.

For more information go to [www.earlyed.com.au/startstrongplay/](http://www.earlyed.com.au/startstrongplay/) or phone (02) 9923 2727 or follow us on Facebook and Instagram

Registered NDIS provider. ARBN: 648 016 531 ABN: 42 096 307 200 CFN: 10570 Early Education (EarlyEd) Inc.

Learn to Play\_Play to Learn **Reconnect with local play spaces**: funded through Willoughby City Council ClubGRANTS 2020 Referencing the 3 principles of "Everyone Can Play" of creative, inclusive play spaces. <https://everyonecanplay.nsw.gov.au/>