



Facilitator Guide: The School of Play Curriculum

Welcome to The School of Play Curriculum

This facilitator guide has been designed to help you navigate and effectively deliver The School of Play 20-week curriculum. This groundbreaking program integrates physical activity, emotional reflection, cognitive challenges, and social interaction into the learning experience. The goal is to foster well-being and personal growth for students through hands-on, play-based learning, which makes learning fun, engaging, and impactful.



Resources Provided

Activity Plans

Twenty weekly themed activities that combine physical, cognitive, and emotional learning.

Video Tutorials

Each activity includes a video tutorial, making the program easy to follow and implement.

Curriculum Alignment

Mapped against ten global curricula, ensuring all activities align with international health, well-being, and personal development standards.

Learning Intentions & Success Criteria

Clear objectives and measurable success criteria are provided for each activity, ensuring learning outcomes are met.



Unpacking the Curriculum

Each week's activities are designed to promote the student's holistic development. By integrating physical, emotional, and cognitive elements, the curriculum helps students improve their coordination, emotional intelligence, strategic thinking, and ability to set and achieve personal goals. Here is a breakdown of how each week will support students:

Physical Health: Weekly activities will challenge students physically, building fitness, coordination, and motor skills.

Emotional Intelligence: Reflective exercises throughout the curriculum encourage students to recognise, express, and manage their emotions.

Cognitive Development: Problem-solving, strategy-based games, and critical thinking activities will enhance students' cognitive flexibility.

Social Skills: Through teamwork and collaboration, students will improve communication, empathy, and interpersonal skills.

Personal Reflection: Opportunities for students to reflect on their achievements and set personal goals.



Why Schools Love The School of Play

We have designed the program to be delivered as 45-minute lessons over 20 weeks. However, schools can choose to break each lesson down into small lessons to meet the needs of their school. You may choose from these delivery options based on your school schedule and the needs of your students:

Short-Term Approach (9-11 weeks): Conduct up to 3 weekly activities.

Medium-Term Approach (18-20 weeks): Deliver activities once or twice weekly.

Long-Term Approach (Full school year): Spread activities over 2-3 monthly tasks.

Activity Delivery Overview

Here is a general flow for each week's activity delivery:

Start with the Video Tutorial: Use the provided tutorial to introduce and demonstrate the activity to the students.

Physical Activity: Engage students in a fun, energetic physical challenge stimulates their bodies and minds.

Emotional Reflection: Introduce reflective prompts or group discussions encouraging students to think about their emotions, personal achievements, or goals.

Cognitive Challenge: Present a task or problem that requires students to strategise and think critically.

Debrief and Reflection: Conclude the session with a reflection activity where students discuss or write about what they learned, how they felt, and what personal goals they want to set.



Key Activities and Themes

Weeks 1-5: Building Foundations - Focus on introducing physical fitness, teamwork, and personal goal-setting. Activities promote laughter, connection, and the development of coordination and reflexes.

Weeks 6-10: Emotional and Cognitive Growth - Activities enhance emotional intelligence, emphasising empathy, emotional reflection, and mindfulness. Cognitive challenges aim to boost critical thinking and problem-solving abilities.

Weeks 11-15: Strengthening Social Connections - Themed activities focus on building deeper interpersonal relationships, encouraging students to communicate openly and work collaboratively in groups.

Weeks 16-20: Personal Growth and Well-being - Emphasis on personal reflection, setting future goals, and applying what students have learned about themselves, their relationships, and their emotions.

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Facilitator Tips for Success

Engage Enthusiastically

Your enthusiasm sets the tone for the students. Be energetic and supportive during the activities.

Incorporate Classroom Discussions

Use reflection prompts and discussion starters to extend the learning. Example questions include:

- How does physical activity improve our mental health?
- What did you learn about yourself during today's reflection?
- How can we apply teamwork outside of these games?

Monitor and Support

Keep track of student engagement, offering feedback and support as they complete activities. Celebrate their achievements, both big and small.



Going Further

To extend the learning experience, you can incorporate regular student check-ins and use additional well-being resources within your school. You can also engage with parents and other teachers to share the positive outcomes from The School of Play.

Reflection & Assessment

While not designed for summative assessment, each activity offers a chance for formative assessment. Use the success criteria and reflection responses to gauge student progress in areas such as emotional growth, physical fitness, and social skills.

Closing Thoughts

The School of Play curriculum is invaluable for promoting student well-being through a holistic, play-based approach. It's designed to be flexible, fun, and deeply impactful. We encourage you to embrace this opportunity to make well-being and personal growth integral to your classroom experience.

Let's Play, Reflect, and Grow!