

Figuring Out Your Play Type with Ryan Ellis

COURSE

Understanding your unique play personality can significantly enhance engagement and enjoyment in various activities. In the course "Figuring Out Your Play Type," Ryan Ellis from The PE Umbrella and Dale Sidebottom delve into Dr. Stuart Brown's eight play personalities, helping participants identify their own and better understand those of their students or clients.



About This Course

This interactive session focuses on:

Identifying Your Play Personality:

Exploring Dr. Stuart Brown's eight play personalities to determine your dominant types.

Understanding Others' Play Types:

Gaining insights into the play preferences of students or clients to foster better connections.

Enhancing Engagement:

Learning how to select activities and games that align with various play personalities to boost participation and fun.

Participants will engage in discussions and activities designed to uncover individual play styles and apply this knowledge to create more engaging and enjoyable experiences for themselves and others.

About the Presenters:

Ryan Ellis is the founder and host of The PE Umbrella, a podcast dedicated to primary physical education. He interviews inspiring practitioners to share best practices and discuss the importance of PE and sport in engaging and enhancing children's learning.

Dale Sidebottom is the creator and founder of Jugar Life and Energetic Education. Known for his love of play and fun fitness, Dale has successfully blended fun, teamwork, wellness, and movement into his keynotes, seminars, and conferences, which he has presented in over 20 countries.





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Why This Course Will Benefit You:

Engaging in this course offers several advantages:

- **Personal Insight:** Discover your own play personality to better understand what activities bring you joy and fulfilment.
- **Improved Teaching Strategies:** Learn to identify the play personalities of students or clients, allowing for the selection of activities that resonate with them, thereby increasing engagement.
- **Enhanced Relationships:** Understanding different play types can help in building quick and meaningful connections with people of all ages.

By participating, you'll acquire valuable tools to create more engaging and enjoyable experiences, both for yourself and those you work with.

