

OPAL @ Alban City

Outdoor play and learning





The mission?

For every primary school child to have an amazing playtime, every day, with no exceptions!





What is OPAL?

OPAL is a UK and world leader in supporting schools to improve the quality of children's play



Why do we do it?

Core Memories

20% of school life is participating in play

Per year

231 hours

37 days

7.4 weeks

Primary years

1.4 years

Life Skills

Communication skills

Literacy

Numeracy

Artistic creativity

Narrative skills

Social and group work skills

Understanding rules

Discussion skills

Mental representation

Integration

New friendships

Inclusion

Social skills

Non-judgemental

No age restrictions

No gender bias



What is play?

Play is a process that is:

Freely
Chosen

Intrinsically
motivated

Self-Directed





Acorns



Grass



Leaves



Logs



Pine Cones



Rain & Water



Sand



Snow



Shells



Soil



Sticks



Stones



Wild Flowers



Wood Cookies



Baking Pans



Cake Moulds



Ice Cube Trays



Kitchen Tools



Measuring Spoons



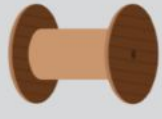
Pots & Pans



Strainers



Baskets



Cable Spools



Cardboard Items



Cones



Containers



Corrugated Pipes



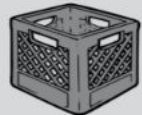
Dress-Up Items



Fabric



Funnels



Milk Crates



Nets



Old Electronics



Pool Noodles



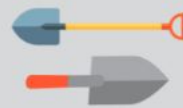
PVC Pipes



Rolling Carriers



Ropes



Shovels & Spades



Sinks & Tubs



Tarps



Tires & Wheels



Wooden Planks

OPAL Resourcing

OPAL thrives on
donations and
support from
you !



Ideas and information for parents and carers of children aged between 4 and 11 years



For all
parents

The Power of Playtime!

Outdoor play, every day, will change your child's life

Step inside to find out:

Why it's important for children to play outside every day
How you can help change school playtimes
3 key ways you can help

Plus a pull out
and keep sheet

Including 8 top tips for more
outdoor play at home and
3 sure-fire outdoor
play starters

Outdoor Play and Learning (OPAL) CIC

Supporting school improvement through play
www.outdoorplayandlearning.org.uk

Play is for EVERYONE

Exercise
Family time
Fun
Improved mental health
Fresh air
Relaxation
Feel good factor

You can find this document on our website:

<https://albancityschool.org.uk/curriculum/curriculum-overviews/opal-play-scheme/>



The Essentials



A warm
waterproof
raincoat

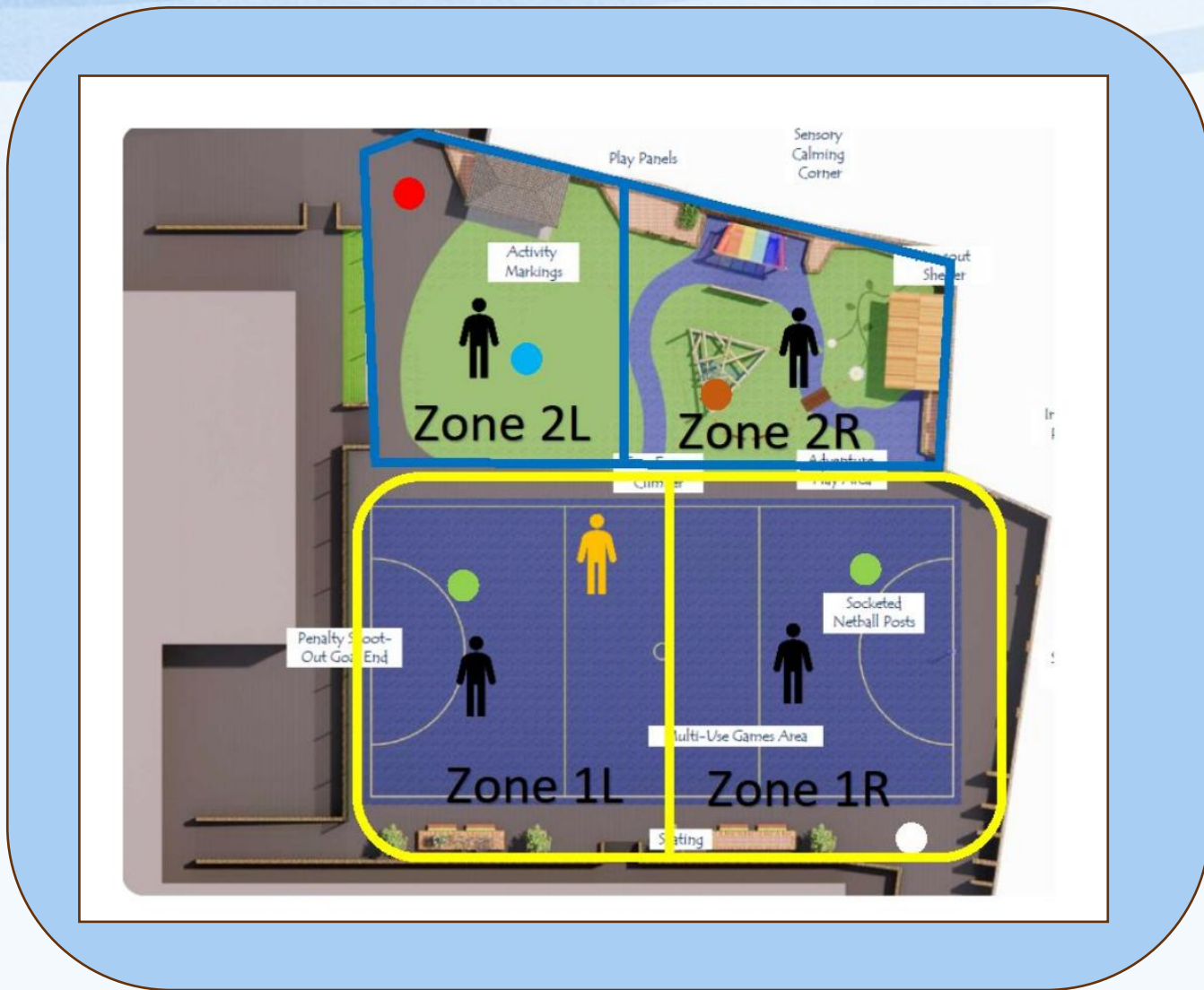


Wellies



A tolerance cold
and wet





The Masterplan

Alban City are planning for the future of OPAL, this plan is for the first phase of our OPAL journey, launching April 2025.

