



Ready to Play - Building brains through active play

The Ready to Play project is designed to help create more active children who are healthier, happier and learn better - in the communities that need it most.

The project will support you and your organisation and staff to improve early development and school readiness through active learning, as well as increase physical activity and build the knowledge, skills and confidence of staff.

Eligibility

This project is open to:

- Schools
- Nurseries
- Childminders
- Pre-schools
- Family hubs
- VCSE organisations

Health and educational outcomes are statistically lower for children who fall into certain groups, for example children from low-income families, children with SEND or children from ethnically diverse communities, among many other things. We want to use the Ready to Play project to support and champion children who face inequalities, to help break down barriers to help them thrive.

To be eligible for Ready to Play, your organisation must work with underserved communities in low-income areas where the NHS has highlighted a higher risk of health inequalities. **To find out if your setting or organisation qualifies get in touch with Rise, providing your organisation's full address and postcode to liliana.ciaruolo@wearerise.co.uk**

Your setting or organisation must also:

- Be in Northumberland or Tyne and Wear
- Work directly with children aged 0-5
- Be able to send at least one staff member to a face-to-face training session on 20th June 2024 at the [Linskill Centre, North Shields](#).

What you'll receive

Successful applicants will receive:

- Equipment pack consisting of Early Years resources suitable for open ended loose parts play which complement the training sessions provided.
- Amazing training delivered by play expert and author Ben Kingston Hughes.
 - 'The Power of Play' online training module, which can be accessed any time and anywhere exploring the neuroscience of play and how we can use this knowledge to boost children's brain development, learning and emotional wellbeing.
 - 'Essential Physical Development' face-to-face training course exploring the profound importance of physical movement as a foundation for a broad spectrum of development from communication and language to emotional well-being and healthy brain growth.
- Loads of activity ideas to use with the children
- Networking opportunities with other local organisations and settings to share best practise and ideas
- Information to share with parents & families to help you to connect with them and communicate importance of active play.

What we expect from you

- at least one member of staff from the setting attending face to face training session and collecting the equipment pack on 20th June at Linskill Centre, North Shields.
- at least one member of staff from the setting engaging in the 'access any time' digital training module
- Disseminating key messages of the training to the wider staff team through staff meetings and other channels used in your organisation
- Engaging with parents and families to pass on key messages
- Completing and returning evaluation forms, including photos or evidence by dates specified
- Acknowledging Rise's support and contribution in all related outputs
- Working with Rise staff for evaluation and impact visits (if requested)

Rise may also request to visit to film video and/or take photos and will discuss suitability of this (including appropriate permissions etc) with settings/organisations individually if required.



How to apply

You can apply [via this form](#).

Rise – transforming lives using the power of physical activity

The North East has higher rates of child poverty, obesity, inactivity - and lower levels of preschool development, compared to national averages.

These challenges disproportionately affect certain groups in our communities including low-income families, children with experience of the care system and those with disabilities.

Investing in early years settings serving these groups can reduce inequalities and improve outcomes at a critical time.

We have created this project to address health inequalities and improve early educational outcomes.

We aim to improve early development and school readiness by providing equipment and training to settings and organisations who work with children 0-5, helping them to increase physical activity.

This project has been made possible by funding from the [Child Health and Wellbeing Network](#), part of the [NHS North East and North Cumbria ICB](#).

Project process (for recipients):

Step 1: Settings or organisations check their eligibility and apply to be part of the project. Applications close on Monday 3rd June 2024.

Step 2: A panel ranks applications and chooses who can be part of the project and informs successful organisations by 10th June

Step 3: Successful organisations will receive access to the Power of Play online training module and attend training session by Ben Kingston-Hughes on 20th June at Linskill Centre and collect their equipment pack and resources.

Step 4: Staff go back to their organisation, use the equipment with the children on a regular basis, implementing the skills they have learned on their training courses. Staff also share knowledge, skills and good practice with colleagues in their setting and between settings. They share key messages with parents and families too.

Step 5: Settings/organisations complete their evaluation documents and send back to Rise by the deadlines. They may also have a visit from Rise staff too.

Key aims of project

- Improve early development and school readiness through active learning
- Increase physical activity to help meet Chief Medical Officer guidelines
- Build staff knowledge, skills and confidence to facilitate sustainable active learning
- Increase parental awareness of the links between physical activity, learning and development

More about the training

The Power of Play (access any time, online learning module)

This course looks at the fundamental neuroscience of play and how we can use this knowledge to help children emotionally reset, build resilience, and promote positive mental health.

The course looks at why children play and exactly what is happening in their brains when they do. It shows how positive play can have the most profound effect on a child's brain development, learning and emotional wellbeing.

The course is intensely thought provoking, combining up to date neuroscience and biochemistry with therapeutic play techniques to create a unique toolkit for helping not just vulnerable children but all children in our care.

[Find out more about internationally renowned expert Ben Kingson-Hughes](#)

Essential physical development (face-to-face training)

Physical movement does not just develop the physical abilities of a child but creates neural networks underpinning every other aspect of development.

This unique course highlights the profound importance of physical movement as a foundation for a broad spectrum of development from communication and language to emotional well-being and healthy brain growth.

With a focus on using the open-ended resources that you receive in your equipment pack, the course showcases neurologically rich activities to support children to reach their potential and looks at the catastrophic effect of sedentary childhood behaviours.



Introducing brand new theories and methods combined with a wealth of practical knowledge this thought-provoking course is an invaluable introduction to this vital area of learning.

Equipment pack

Organisations will receive an equipment pack to use with the children. It will include open-ended and loose parts resources that can be used indoors or outdoors. The resources correspond to the training provided.