

Play Activities



PLAY

The play activities that begin each week of The School of Play curriculum are designed to engage students in dynamic, hands-on experiences that set the stage for the learning objectives of the week. These activities serve as both an icebreaker and a warm-up, helping students transition into a positive, focused mindset. By incorporating elements of physical movement, emotional reflection, and social interaction, these activities not only promote fitness but also help students build essential life skills such as teamwork, communication, and problem-solving.

The importance of starting each week with a play-based activity lies in its ability to energise students, create a sense of connection, and foster a fun and inclusive classroom environment. Play allows students to relax, express themselves, and prepare mentally for the deeper learning that follows. It creates a safe space where they can engage with their peers, build confidence, and approach the week's challenges with a growth mindset. Through play, students are more motivated, engaged, and ready to tackle both the academic and personal growth goals of the week ahead.

