



Benefits of appointing a “Champion” for implementation of indoor-outdoor free play

If your service has decided they want to implement more opportunities for indoor-outdoor free play, it can be useful to appoint a staff member to be responsible for driving the change.

Indoor-outdoor free play involves unrestricted access to outdoor areas and environments during free play time, meaning children are allowed to choose whether they would like to play inside or outside when there are no intentional experiences occurring.

The Champion may be the Nominated Supervisor, a Room Leader (3–6-year-old room) and/or an Educator with a special interest in physical activity, outside learning environments and/or child health & wellbeing.

A “Champions” role can include:



- Identifying and scheduling more opportunities for outdoor free play.
- Leading the development and implementation of a service action plan (with the support of the Good for Kids health promotion officer if desired). This may include coordinating changes to service daily routines and monitoring and reflecting on progress.
- Providing communication and feedback to educators and families regarding the changes.
- Encouraging children to play outside freely and giving children the choice of activity.
- Acting as a positive role model and checking in with staff at your service.
- Being a first point of contact for educators to troubleshoot and provide support regarding indoor-outdoor free play.
- Orientating new staff at your service about your initiative regarding indoor-outdoor free play.
- Being the primary contact for the Good for Kids health promotion officer during this initiative.



‘The heart of a child’
by Worimi Artist
Lara Went

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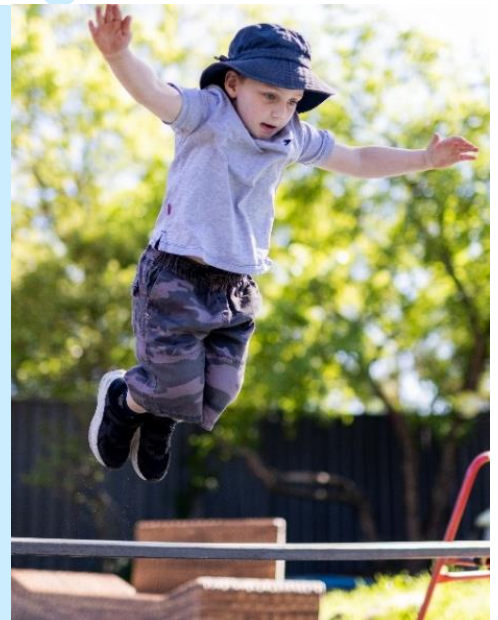
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Becoming a "Champion" for indoor-outdoor free play is not meant to greatly add to the workload of the chosen staff member(s).



The Good for Kids team can support the Champion by providing:

- A short introductory video to inform your service staff about indoor-outdoor free play and its benefits.
- Help with a service action plan.
- Resources to support the implementation of indoor-outdoor free play.
- Newsletter communications to share with staff and your families.
- Over the phone support to answer any questions or concerns.



If you feel your service would benefit from a champion to drive changes to your indoor-outdoor free play, please share this information and encourage them to attend our webinar on 26th March, 2025, 12-1pm and session repeated 6-7pm.

Register here: <https://redcap.link/356zk2cq>

Please do not hesitate to get in touch with any questions.



Contact details:

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