



# Resource and Support pack

## What is Get Outside, Get Active (GOGA)?

The Get Outside, Get Active (GOGA) program was a research trial run by Hunter New England Population Health and the University of Newcastle during 2022. The program was designed to support ECEC services to schedule more outdoor free play. This has multiple benefits for children including increased physical activity; opportunities to connect with nature; and the promotion of curiosity, imagination and risk taking.

The research found that the resources and support offered to services as part of the trial, substantially **increased children's opportunities for outdoor-only free play**. Services also reported the following benefits for children:



Increased **confidence, adventurousness** and **creativity**.



Increased **balance** and **co-ordination**.



Increased **social interaction** and **inclusivity**.

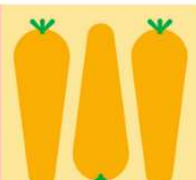
To share these benefits, the Good for Kids team have put together this Resource and Support pack for services who did not receive the original GOGA program. While there are many ways to promote outdoor free play at your service, this support pack has a focus on achieving this by increasing opportunities for indoor-outdoor play.



## What is Indoor-Outdoor Free Play?

Sometimes referred to as free-flow play, indoor-outdoor free play is when children are allowed to access and move freely between the indoor and outdoor play areas during free play time. Children can choose what type of activity they do and explore the surrounding environment as they like. This can be a more or less energetic type of play, depending on what activities the children decide to do.

*The provision of indoor-outdoor free play opportunities is supported by the NQF and EYLF and compliments the Munch and Move program by promoting physically active play.*



'The heart of a child'  
by Worimi Artist  
Lara Went

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# Resource and Support pack

To support your service to offer more outdoor free play, the Good for Kids (GFK) team has developed a Resource and Support pack which includes:

1. **Support schedule from the GFK team** outlining a suggested timeline for implementing this initiative.
2. Benefits of having a **Service Champion** (optional).
3. Comprehensive **Action Plan Workbook** to help you reflect and identify ways to increase outdoor free play at your service and embed into your program.
4. **Indoor only free play record** to reflect on the current practices at your service regarding free play.
5. A **'live' webinar** discussing the benefits of outdoor play, the GOGA research and how to increase opportunities for outdoor free play (to be delivered 26 March, 2025).

## After the webinar you will also receive:

1. A prerecorded **video** to promote the initiative with your staff.
2. Education **resources and communications** including:
  - o Links to National Quality Standards and the Early Years Learning Framework
  - o Fact sheets, newsletters and case studies for your staff
  - o Newsletter snippets for families
  - o Support to update policies regarding outdoor play
3. An optional **support call** from an experienced Health Promotion Officer from the *Good for Kids* team, to support your service in this initiative.



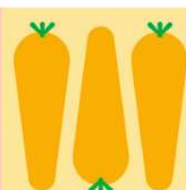
We look forward to working with you to increase opportunities for outdoor free play at your service to enhance the physical activity, health, and wellbeing of the children in your care.

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



### Contact details:

Email: [hnelhd-goodforkids@health.nsw.gov.au](mailto:hnelhd-goodforkids@health.nsw.gov.au)



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# Support available from the Good for Kids team

Date	Support Type
Early March 2025	<p><b>RECEIVE an invitation to a program to increase opportunities for indoor-outdoor free play at your service:</b></p> <ul style="list-style-type: none"> <li>• Register to attend the LIVE information webinar.</li> <li>• You may also wish to nominate a staff member to champion the initiative at your service and attend the webinar.</li> </ul>
Prior to webinar	<p><b>RECEIVE initial program resources:</b></p> <ul style="list-style-type: none"> <li>• Action Plan Workbook</li> <li>• Indoor only free play summary – <b>please complete &amp; share before webinar</b></li> <li>• Benefits of a Champion (optional)</li> </ul>
26 March 2025  12-1pm, session then repeated 6-7pm	<p><b>ATTEND a LIVE - Information webinar (Service director/nominated supervisor/lead educator and/or 'Champion') including:</b></p> <ul style="list-style-type: none"> <li>• The benefits of increasing outdoor free play.</li> <li>• The Get Outside Get Active Research.</li> <li>• How to increase outdoor free play at your service.</li> </ul> <p><b>RECEIVE all program resources:</b></p> <ul style="list-style-type: none"> <li>• Brief video to promote this initiative with your staff</li> <li>• Fact sheets and case studies for your staff</li> <li>• Program links to National Quality Standards and the Early Years Learning Framework</li> <li>• Newsletter snippets to promote this initiative with your families</li> </ul>
<p><b>Should your service choose to start an initiative to increase outdoor free play, which is supported by the Good for Kids team, then:</b></p>	
Late March – April 2025	<p><b>SHARE the pre-recorded short information video with your staff.</b></p> <p><b>DEVELOP an action plan in consultation with your service.</b></p> <p><b>FORWARD a copy of your Action Plan Workbook to the Good for Kids (GFK) team (optional).</b></p>
Early May – 1 <sup>st</sup> week June 2025 (Weeks 8-12)	<p><b>RECEIVE an optional follow up support call from your experienced GFK health promotion officer.</b> Use this time to discuss your service plans, problem solve any barriers to outdoor free play and discuss the next steps.</p>
April – May 2025 (Weeks 6-12)	<p><b>SHARE the provided newsletters with your staff and newsletter snippets with families at your service to keep them informed about your initiative.</b></p>
July 2025	<p><b>COMPLETE a <u>brief</u> end of program questionnaire.</b></p>



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