

Play Nice! Newsletter

Sept. 2006 ©peacefulplaygrounds 2006

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School Talk



Peaceful Playgrounds

"Excellent" and "Best in Class"

rating from

Action for Healthy Kids

August 2006

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Peaceful Playgrounds (PPP) is a school based physical activity/ recess program with the goals and research support that has shown an increase in children's physical activity level, decrease in bullying and decrease in playground injuries. These goals are met as Peaceful Playgrounds is a recess and after school program described best in April 2003 Parent Teachers Organization magazine as " Peaceful Playgrounds concept takes a resource most playgrounds already have-open space-and transforms blacktops and fields into play areas for different age groups with activities such as tetherball, wall ball and number grid."

PPP research indicates that students were more physically active and drawn to the recess markings thus indicating that behavior was affected. Action for Healthy Kids What's Working Data Base acknowledges the following changes brought about by implementation of PPP.

<http://www.peacefulplaygrounds.com/press38.htm>

- 1) Behavior change- MVPA increased
- 2) Knowledge change as students acquired knowledge in game rules, and sports skills.
- 3) Attitude- Attitude changes in a decrease in perception of bullying incidents (documented in CA Healthy Kids Survey) -
- 4) School Environment. Changes in physical environment documented in the playground repainting and adding games.
- 5) Emotional environment changes as students report feeling safer in a "peaceful environment."

Physical Education Curriculum Planning Resources

Check out our new webpage full of physical education resources and documents designed to assist you in improving your physical education program. All can be downloaded at: www.peacefulplaygrounds.com/peprograms.htm

- *PE Program Planning Guide
- *PE Curriculum Assessment Tool
- *Developmentally Appropriate PE Document
- *CA newly released PE Standards

Check out our physical education equipment packs and curriculum resources for improving your PE program.

www.peacefulplaygrounds.com/peprograms.htm



NEW! - Roll-out Stencil Packs.

New roll out stencils make application a breeze. No measuring! Just roll out the full size activity stencils, chalk and paint. Two easy to apply sets to choose from. Physical Education and Recess Stencils.

