

# Play Framework for Perth and Kinross



Perth and Kinross  
is the place to play  
in the heart of  
Scotland's natural  
playground.

2019-2022

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## Foreword

I am delighted to be able to introduce the Play Framework for Perth and Kinross.

Play is an essential part of a healthy happy childhood and crucial for the development, health and wellbeing and learning of all of our children and young people in Perth and Kinross. Creating playful experiences and opportunities to ensure children play on a daily basis is very important and has immense benefits for children and young people.

In June 2013 the Scottish Government launched the National Play Strategy, which articulated the importance of play; this was followed by an Action Plan, which detailed our obligations in relations to children's right to play. To support delivery of this Action Plan at a local level an increased focus on play has been developed. This included running free play events for families and the appointment of a Play Development Worker to support teams to embed play in the activities they deliver for children, young people and families. This has instigated a strong interest in play in Perth and Kinross that we can now build on through this Play Framework.

The Play Framework for Perth and Kinross follows the themes in the National Strategy and sets our vision for play in Perth and Kinross, which can only be achieved by working in partnership with families and communities to support and enjoy play on a daily basis. Our vision is for Perth and Kinross to be the 'Place to Play' making use of the natural environment (the streets, the parks, community green space or wooded areas) we have access to in Perth and Kinross.

I would like to thank everyone for getting involved in the development of the Framework, it is great to see a co-ordinated, multi-agency document, with involvement from Perth & Kinross Council, NHS, Live Active Leisure, Care Inspectorate, Perth College and third sector organisations. It is this shared commitment that will enable the implementation of the Play Framework Action Plan to be a success.

**Sheena Devlin**

*Executive Director (Education & Children's Services)  
Perth & Kinross Council*





## The vision for play in Perth and Kinross

This Play Framework for Perth and Kinross is the first shared strategic commitment to play by Perth and Kinross Community Planning Partnership. It will support delivery of our collaborative vision:

*Through play our children and young people will have the best start in life. Support for play in the home, in childcare, nursery and school and in the community will make Perth and Kinross the best place in Scotland to grow up.*

*Wherever they live, children and young people of all ages, abilities and interests, should be able to play in a variety of ways, in high-quality spaces, within sight of their homes or within easy walking distance, where they feel safe whether or not they are accompanied by adults.<sup>1</sup>*

<sup>1</sup> Getting it right for play, Play Scotland.  
Source: [www.playscotland.org/wp-content/uploads/assets/Power-of-Play.pdf](http://www.playscotland.org/wp-content/uploads/assets/Power-of-Play.pdf)



## Perth and Kinross is the place to play

All children and young people have a right to play. Playing helps children reach their full potential and is a valued and vital part of growing up in Perth and Kinross. We will work in partnership with families and communities to support accessible, inclusive play within our homes and communities. We will encourage children and families to explore and enjoy play throughout their day, including taking advantage of the natural spaces offered by Perth and Kinross. We will also support the people who work with children and families, in childcare, nurseries, schools and other settings to incorporate play in the care and learning they provide, including through outdoor learning opportunities.

*"I love to build,  
climb and paint."*

*(Child age 9, Bridge of Earn)*



# Play: Getting It Right For Every Child (GIRFEC)

The Community Planning Partnership aim to deliver positive outcomes across the wellbeing indicators for children and their families. The Getting It Right for Every Child (GIRFEC) approach underpins all national and local policies for children and young people.



The graphic illustrates how play can contribute to all of the wellbeing indicators.

## What do we mean by play?

Play encompasses children's behaviour which is freely chosen, personally directed and intrinsically motivated. It is performed for no external goal or reward and is a fundamental and integral part of healthy development - not only for individual children but also for the society in which they live.<sup>2</sup>

The right to play is enshrined in the UN Convention on the Rights of the Child (UNCRC) and belongs to all children and young people up to the age of 18.

*Through play... children learn by doing; they explore and experience the world around them; experiment with new ideas, roles and experiences.*<sup>3</sup>

Our Play Framework provides an inclusive and accessible approach to play, ensuring that all play activities are available to all children.

<sup>2</sup> *Play Strategy for Scotland: Our Vision (2013)* Edinburgh: Scottish Government. Source: [www.gov.scot/resource/0042/00425722.pdf](http://www.gov.scot/resource/0042/00425722.pdf)

<sup>3</sup> *Committee on the Rights of the Child, (2013) General comment No. 17 on the right of the child to rest, leisure, play, recreational activities, cultural life and the arts (art. 31)*

# Improving outcomes in Perth and Kinross

During 2017, Perth and Kinross Community Planning Partnership (CPP) worked with Dundee and Angus CPPs to develop the Tayside Plan for Children, Young People and Families 2017-2020. This Plan is the joint integrated children's services plan for the three areas. The outcomes in the Tayside Plan are grouped around 5 main priorities:

<p><i>Giving children the best start in life</i></p>	<p>PLAY from the earliest stage gives every child the best start in life through promoting secure attachments, positive interactions, confidence, development of skills and achievement of developmental milestones, embedding the instinct to explore and be inquisitive.</p>
<p><i>Engaging children, young people and their families in learning that will extend their potential</i></p>	<p>PLAY enhances children's learning and can extend their potential through the development of imagination, investigation, problem-solving, negotiation, personal and social skills, by taking responsibility, ownership and leadership, understanding progression, developing perseverance and experiencing achievement.</p>
<p><i>Supporting children and young people to be physically, mentally and emotionally healthy</i></p>	<p>PLAY supports children and young people to be physically, mentally and emotionally healthy through developing healthy bodies and minds, physical activity habits for life, confidence and self-worth, resilience and opportunities to make choices.</p>
<p><i>Enabling children and young people who experience inequalities to achieve outcomes comparable with all other children</i></p>	<p>Affordable PLAY assists addressing inequality as children and young people learn to embrace individual differences, strengths, feel included, participate and work together, develop confidence and communication and be creative together.</p>
<p><i>Ensuring children and young people are safe and protected from harm</i></p>	<p>PLAY helps children explore risk whilst staying safe from harm by developing goals and pursuing ambition, developing independence, having supportive communities and community spaces that are child-friendly, understanding how to use natural spaces safely and having opportunities for generations to play together.</p>





**Play has the potential to help Tayside Collaborative CPPs to address these priorities, taking a long-term approach to ensuring that all children, young people and adults are more active and in good mental and physical health at every stage of life. Not only will this improve the quality of life for children, young people and families, it will also assist CPP partners in achieving wider benefits for the whole community in the longer term.**

The Play Framework will also support and be supported by the delivery of Perth and Kinross Community Planning Partnership's Community Plan (Local Outcome Improvement Plan) 2017-2027.

The Objectives of the Community Plan are:

- *Giving Every Child the Best Start in Life*
- *Developing Educated, Responsible and Informed Citizens*
- *Promoting a Prosperous, Inclusive and Sustainable Economy*
- *Supporting People to Lead Independent, Healthy and Active Lives*
- *Creating a Safe and Sustainable Place for Future Generations*

*"Love seeing my older kids playing with my younger kids altogether and I can join in."*

*(Parent, Perth)*



## Delivering high-quality play opportunities

What do we mean by 'high-quality play opportunities'?

By its very nature 'high-quality' is difficult to define, and will look different in different circumstances and locations. However, in terms of the provision of play opportunities and environments, in general we expect 'high-quality opportunities' to happen when:

- *the principles of the UN Convention on the Rights of the Child are put into practice;*
- *the environment provides stimulus for play to flourish;*
- *when parents and other adults are involved, they support play to be child-led;*

- *when our workforce are involved, they work to established ethical and professional standards;*
- *there is a balance between understanding of keeping children safe from harm while also allowing them to learn and develop through risky activities.*

Of course, given the nature of play, children do have high-quality play experiences outwith the view of adults and in circumstances and locations that were not intended for play. This framework recognises that children and young people need these challenging, fun and adventurous play experiences to develop confidence, resilience and social skills.

Play and physical activity has very low risks for most children and young people; however, risk of poor health from inactivity is very high.<sup>4</sup>

Play Strategy for Scotland: Our Action Plan (2013) Source:

[www.gov.scot/Resource/0043/00437132.pdf](http://www.gov.scot/Resource/0043/00437132.pdf)

"I love to play on my bike."



<sup>4</sup> Chief Medical Officers - Start Active, Stay Active Report

## Our play priorities


The Framework follows the four themes used in the Play Strategy for Scotland:

- *Home*
- *Nursery, Early Years, Childcare and Schools*
- *Community*
- *Positive Support for play*

Each theme includes strategic statements to help us work towards our vision for play in Perth and Kinross. Accompanying plans will be developed identifying actions to ensure progress is made towards our vision for play. These plans will be reviewed and updated on an annual basis.

Through play our children and young people will have the best start in life. Support for play in the home, in childcare, nursery and school and in the community will make Perth and Kinross the best place in Scotland to grow up.

Wherever they live, children and young people of all ages, abilities and interests, should be able to play in a variety of ways, in high-quality spaces, within sight of their homes or within easy walking distance, where they feel safe whether or not they are accompanied by adults.<sup>5</sup>



*"My favourite space is outside in the garden."*

*(Child age 6, Crieff)*

<sup>5</sup> *Getting it right for play, Play Scotland.*  
Source: [www.playscotland.org/wp-content/uploads/assets/Power-of-Play.pdf](http://www.playscotland.org/wp-content/uploads/assets/Power-of-Play.pdf)

## Home

Our homes are places where children and young people enjoy plentiful nurturing and affordable play opportunities, indoors and out, appropriate to their age, stage, ability and preferences.

We will:

- *promote the importance and benefits of different types of play, indoors and outdoors, for the health, wellbeing and overall development of babies, children, young people and their families;*
- *ensure all families have access to information about opportunities and support for affordable play in and around their home;*
- *promote positive key messages to families about increasing levels of physical activity through play;*
- *develop skills, confidence and motivation of families to play together.*

## Nursery, Early Years, Childcare and Schools

Our nurseries, early years, childcare and schools are places where children and young people enjoy high-quality play opportunities, including outdoor free play in all weathers in stimulating spaces, on a daily basis.

We will:

- *design opportunities for parents to engage and support their child's learning and wellbeing through play and family learning experiences in childcare and education settings;*
- *develop and promote further opportunities which highlight the benefits and importance of play for those working with children and young people and increase their knowledge and skills in supporting play;*
- *promote play, including outdoor play, and embed playful approaches to learning as integral to the delivery of the curriculum and skills for learning, life and work across all stages;*
- *ensure children are at the heart of taking ownership, creating and informing their own play in childcare and learning environments, including the design of spaces.*

## Community

Our children and young people have sufficient time and space for playing within their community and have contact with nature and outdoor spaces in their everyday lives. Play is valued, encouraged and supported in communities (we recognise that a community can be both places and groups with similar interests).

We will:

- *further enhance accessible and inclusive, fun, exciting and challenging spaces for play which support children's natural instinct to play;*
- *develop and promote the use community resources and spaces creatively to increase opportunities for play, eg streets and natural spaces;*
- *promote and enable play in communities appropriate to children and young people's ages, stages, preferences and individual need;*
- *identify, appoint and support community Play Champions to raise awareness and acceptance of play.*

## Positive Support for play

Our Community Planning Partnership provides a positive environment for play through: a professional skilled and knowledgeable workforce; strong and visionary leadership; a well-resourced third sector and infrastructure that supports play; and supportive and informed media communications and community engagement.

We will:

- *ensure the importance of play is reflected and understood in all relevant policy, strategy and planning documents;*
- *promote the risk benefit<sup>6</sup> approach to families and professionals whose work impacts directly or indirectly on children and young people's right to play;*
- *ensure resources are targeted to provide appropriate workforce development to deliver inclusive and accessible play opportunities;*
- *promote work-life balance to enable and encourage families to engage in play.*

<sup>6</sup> *Children's play and leisure: promoting a balanced approach.* Health and Safety Executive. Source: [www.hse.gov.uk/entertainment/chilids-play-statement.htm](http://www.hse.gov.uk/entertainment/chilids-play-statement.htm)

*Managing Risk in Play Provision: Implementation guide.* Play Safety Forum. Source: [www.playscotland.org/wp-content/uploads/Managing-Risk-in-Play-Provision-implementation-guide-2nd-edition.pdf](http://www.playscotland.org/wp-content/uploads/Managing-Risk-in-Play-Provision-implementation-guide-2nd-edition.pdf)

## Framework development

This framework was developed by a short-life working group which met between 2017 and 2018. The group was made up of representatives from Perth & Kinross Council departments - Education & Children's Services, The Environment Service and Housing & Community Care - NHS, Care Inspectorate, Perth College and third sector organisations. The project was facilitated by Play Scotland. Consultation was carried out between January - April 2018.

The Play Framework for Perth and Kinross directly links to targets and outcomes of:

- *Local Outcomes Improvement Plan 2017-2027*
- *Tayside Plan for Children, Young People and Families 2017-2020*
- *Perth and Kinross Parenting Strategy 2017-2019*
- *Corporate Parenting Plan 2017-2020*
- *Emotional Wellbeing Collaborative*
- *Perth & Kinross Council Community Asset Transfer Policy*
- *Raising Attainment Strategy for Perth and Kinross*
- *Community Learning and Development Plan 2019-2022*
- *Perth and Kinross Health Inequality Strategy*
- *Early Years Strategy*
- *Fairer Futures - Fairness Commission Perth & Kinross Council*
- *Green Infrastructure - PKC Supplementing Guidance 2014*
- *Curriculum for Excellence*
- *Pre-Birth to Three Positive Outcomes for Scotland's Children and Families*
- *Green Infrastructure Design and Placemaking*
- *Play Strategy for Scotland: Our Vision*
- *Health and Social Care Standards: My Support, My Life*

## Organised to deliver – implementation and governance

The Play Framework for Perth and Kinross was approved by Perth and Kinross Children, Young People and Families Partnership (a delivery group of the Community Planning Partnership).

This Play Framework plays an important part in improving outcomes for children and families. To ensure this document translates into action and makes a difference at home, in childcare, early learning and school settings and in communities it will have an Action Plan. Delivery of this Action Plan will be undertaken by a wide range of services, with co-ordination and 6-monthly monitoring provided by a partnership-based Play Framework Implementation Group.

Monitoring and evaluation of progress made in implementation of the Play Framework and Action Plan will be undertaken by the Early Years and Early Intervention Board, which will be responsible for the provision of an annual report on progress to the Perth and Kinross Children, Young People and Families Partnership and Perth & Kinross Council Lifelong Learning Committee.



For more information about the Play Framework for Perth and Kinross please contact:

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(PKC Design Team - 2018010)



*"Time2Play sessions provide a great variety of toys, resources, objects and obstacles for children of all ages to enjoy and explore."  
(Child Perth City)*