





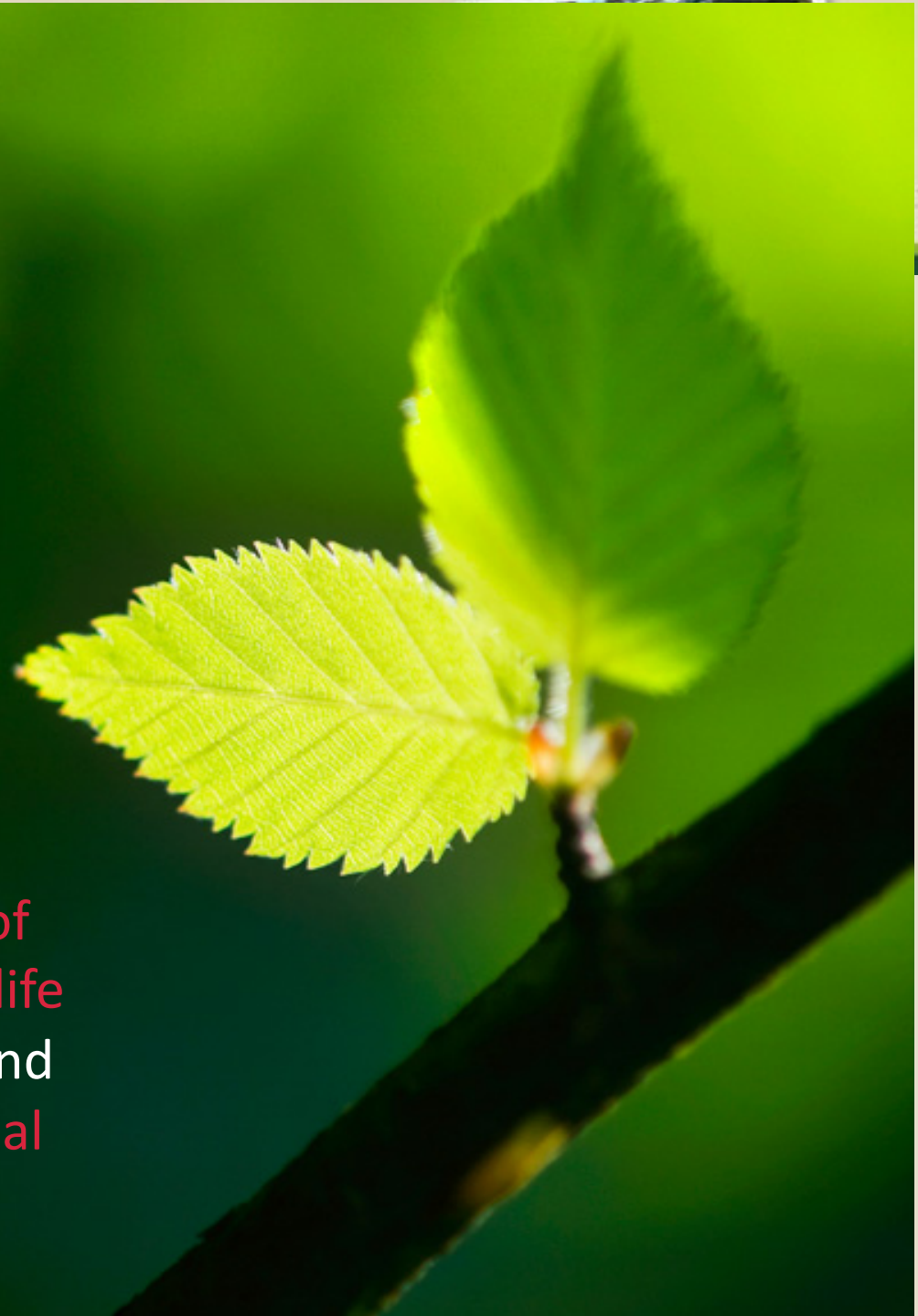




# UNCRC: Article 31

The Convention on the Rights of the Child (CRC) is the fundamental basis for children's rights in international law.

1. State Parties recognize **the right of the child** to rest and leisure, **to engage in play** and recreational activities appropriate to the age of the child and to **participate freely in cultural life** and the arts.
1. States Parties **shall respect and promote the right of the child to participate fully in cultural and artistic life** and shall **encourage the provision** of appropriate and equal opportunities **for cultural, artistic, recreational and leisure activity**.







# Survey of Australian parents

(2018: Nature Play Australia and OMO)

## Weekly time use

- 25.8 hours at school (40%)
- 20 hours on screens (31%)
- Outdoor play 6 hours (9%)
- Play outside every day (55%)
- Screen use as #1 barrier to play



## COMMUNITY AND THE BUILT ENVIRONMENT

2014

A-

2016

A-

2018

A-

- + Proportion of Australian children/parents who report a playground or play space near to their home;
- + Proportion of Australian parents/children/teachers who report heavy/problem traffic not to be an issue in their home or school neighbourhood;
- + Proportion of Australian children/parents who report their neighbourhood to be safe;
- + Proportion of Australian children/parents who report they have good roads/footpaths in their neighbourhood; and
- + Proportion of Australian children/parents who report they have access nearby in their neighbourhood to public transport.

Confidence Rating



## PHYSICAL ACTIVITY PARTICIPATION IN SCHOOLS

2014

INC

2016

INC

2018

B

Proportion of Australian children and young people accumulating at least 30 minutes of MVPA throughout the school day.

Confidence Rating



## ORGANISED SPORT AND PHYSICAL ACTIVITY PARTICIPATION

2014

B-

2016

B

2018

B-

Proportion of Australian children and young people participating in organised sport and/or physical activity at least once per week\*.

Confidence Rating







# The West Australian

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## NEWS > PERTH

### Perth school John Butler Primary College calls a halt to chasey

Bethany Hiatt | The West Australian  
Saturday, 23 June 2018 2:00AM

WAtoday



Advertisement

NATIONAL WA

### Children playing netball on their Perth driveway draw neighbour's anger

By Emma Young  
**Updated** October 12, 2016 – 8.56am, first published October 11, 2016 – 10.36am

Neighbours waging noise wars is a common suburban story, but one complaint stopping children playing netball on their own driveway represents a new low, say their parents.

perth **now**

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Bunbury Primary School has banned students from doing cartwheels. Picture: PerthNow, Seven News

WA News

### School bans 'dangerous' cartwheels





## ACTIVE TRANSPORT

2014\*  
C

2015\*  
C

2016  
C-

2018  
D+

Proportion of Australian school children for which active transport\* is their usual mode of transport to and from school for at least part of the journey. Usual is defined as at least 5 trips out of 10 or on at least 2.5 school days, or child/parent indicates active transport is their usual mode.

Confidence Rating



## PHYSICAL FITNESS

2014  
INC

2016  
C

2018  
D+

Comparison of the current levels of aerobic and muscular fitness of Australian children and young people against norm-referenced international standards.<sup>180, 181</sup>

Confidence Rating









## SCREEN TIME

2014  
D-

2016  
D-

2018  
D-

Proportion of Australian children and young people meeting the Australian Sedentary Behaviour Screen Time Guidelines:

### Early Years\*

- + **Infants and Toddlers (birth to <2 years)**, should not spend any time watching television or using other electronic media\*; and
- + **Toddlers and Pre-schoolers (2 to 5 years)**, screen time\* should be no more than 1 hour in total throughout the 24-hour period.

### Children and Young People<sup>10</sup>

- + **Children and young people (5 to 17 years)**, should limit their screen time\* for entertainment purposes to no more than two hours every day of the week.

Confidence Rating



## OVERALL PHYSICAL ACTIVITY LEVELS

2014  
D-

2016  
D-

2018  
D-

Proportion of Australian children and young people meeting the recommended Australian Physical Activity Guidelines:

### Early Years\*

- + **Toddlers (1 to 2 years)**, accumulate at least 180 minutes of activity including energetic play every day; and
- + **Pre-schoolers (3 to 5 years)**, accumulate at least 180 minutes of activity including 60 minutes of energetic play every day.

### Children and Young People<sup>10</sup>

- + **Children and young people (5 to 17 years)**, accumulate 60 minutes or more of moderate to vigorous physical activity every day and engage in activities that strengthen muscle and bone on at least 3 days per week.

Confidence Rating

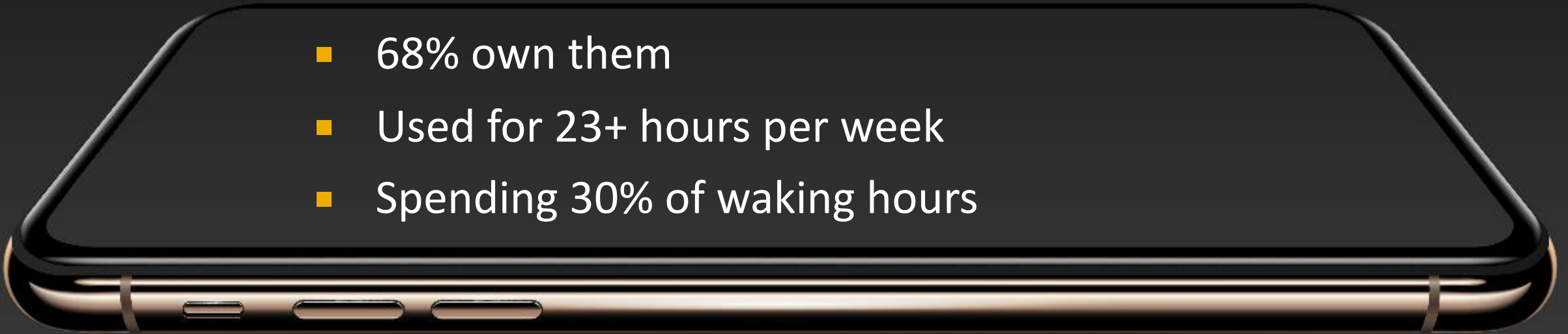




# Smart phone use in Australian 3-17 year olds

(Telstra)

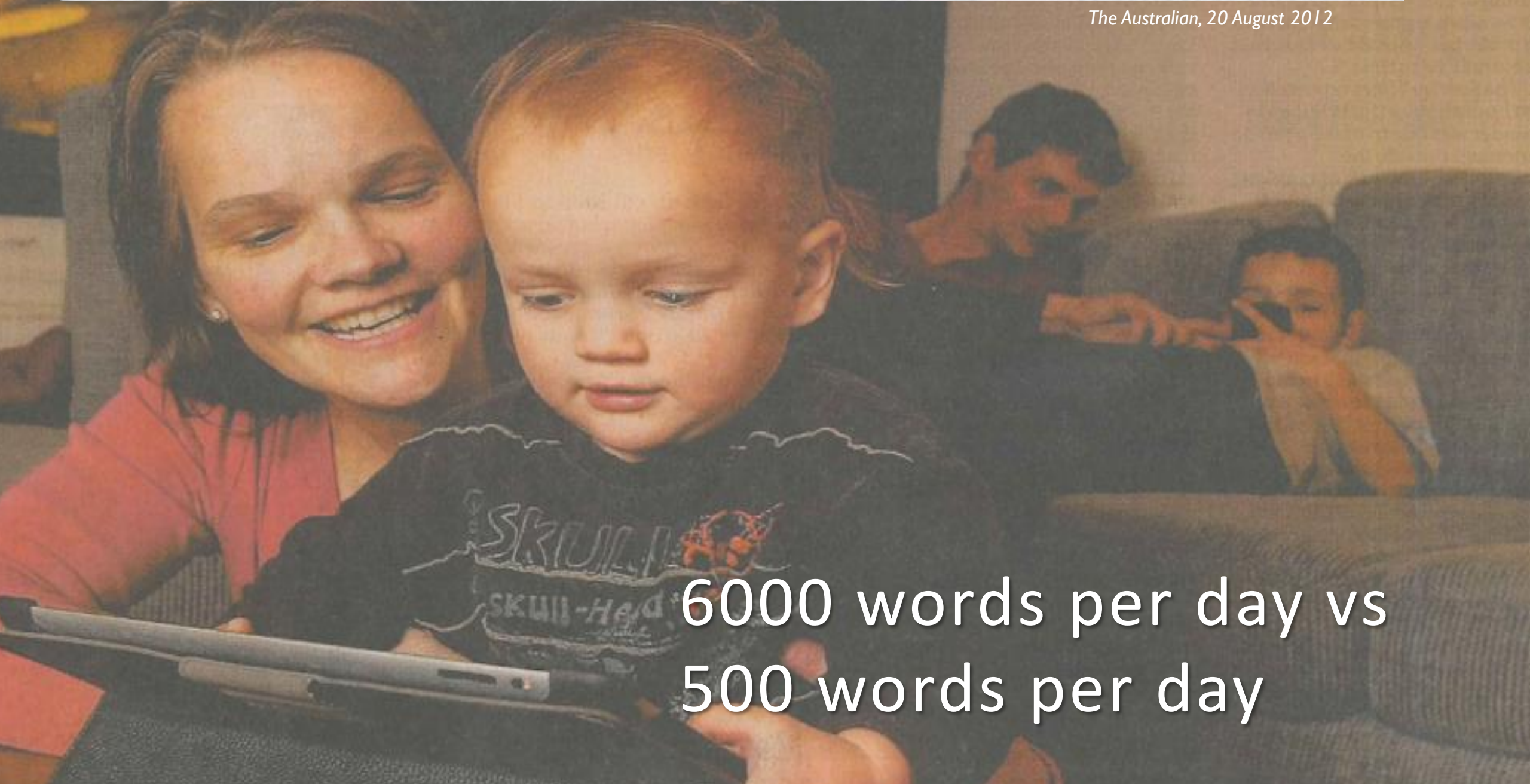
- 68% own them
- Used for 23+ hours per week
- Spending 30% of waking hours





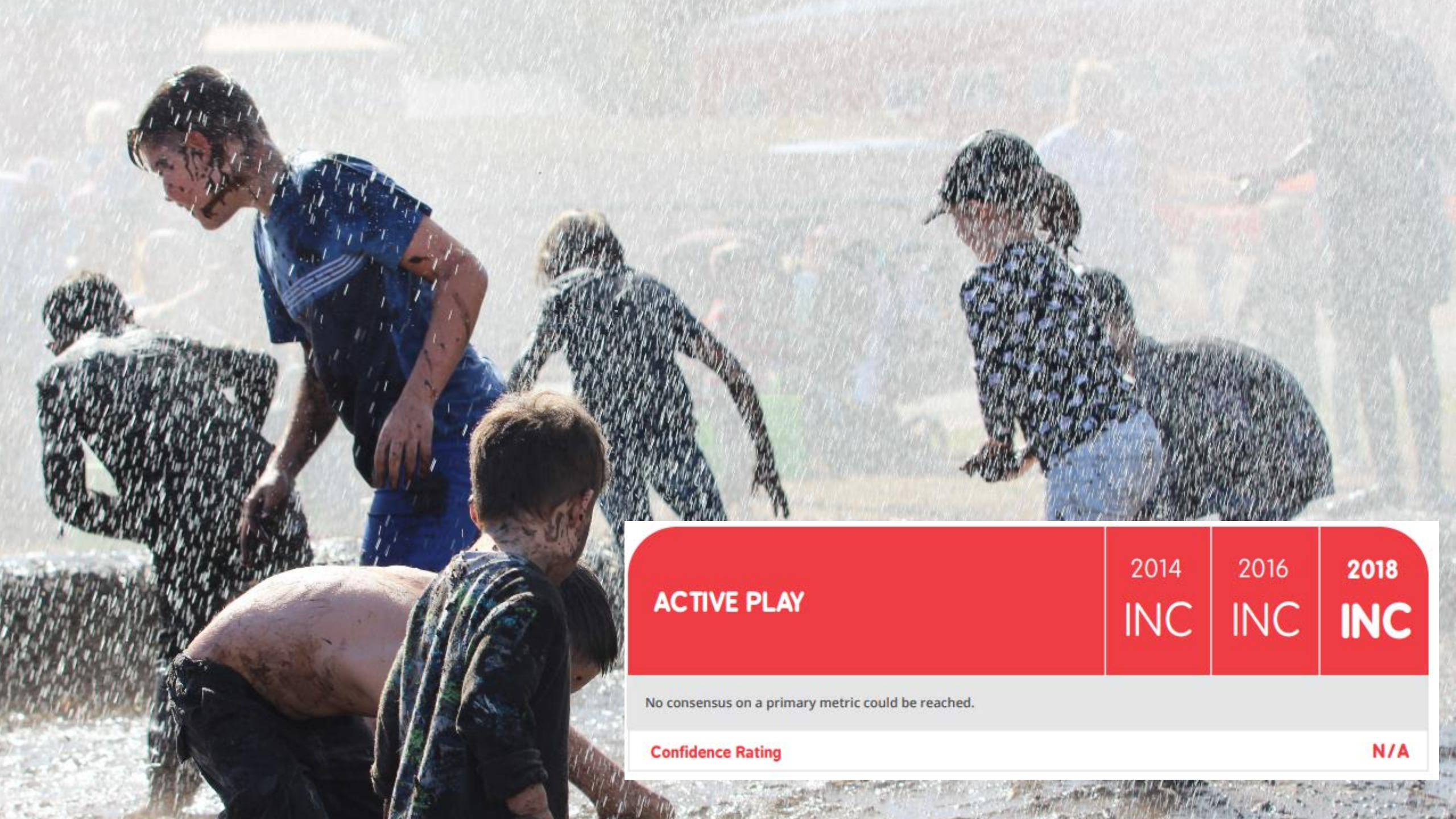
# Kids seen, not heard, thanks to 'smart' devices

*The Australian, 20 August 2012*



6000 words per day vs  
500 words per day





## ACTIVE PLAY

2014  
INC

2016  
INC

2018  
INC

No consensus on a primary metric could be reached.

Confidence Rating

N/A



# Advocacy in action

- WA education department makes play-based learning a focus for 2019
- WA government makes "improving the health and wellbeing of children in the early years" third of 12 priorities for Government
- CCYP leading a Play Collective to push for a high level Play Policy



Changing the culture of play





one step





A close-up, profile shot of a young girl with brown hair. Her face is covered in dark brown mud, particularly around the eyes and mouth. A single pink flower is tucked behind her ear, partially visible. She is looking down. The background is blurred, showing other people and what appears to be an outdoor setting. The text "at a time" is overlaid in the upper right.

at a time









Work together





The logo for Outdoor Classroom Day Australia. It features the words "OUTDOOR", "CLASSROOM", and "DAY" stacked vertically in blue, red, and green respectively. A magnifying glass icon is positioned over the "O" in "CLASSROOM". Below this, the word "AUSTRALIA" is written in blue.The logo for Outdoor Classroom Day Australia. It features the words "OUTDOOR", "CLASSROOM", and "DAY" stacked vertically in blue, red, and green respectively. A magnifying glass icon is positioned over the "O" in "CLASSROOM". Below this, the word "AUSTRALIA" is written in blue.

# Australian schools & early learning centres registered

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**300,544**  
**AUSTRALIAN**  
**KIDS INVOLVED**

**300,544**  
**AUSTRALIAN**  
**KIDS INVOLVED**













Valley of the Giants, Denmark