

# WHAT IS THE PLAY PROGRAM?

## Peer Leadership for Active Youth (PLAY)

The Peer Leadership for Active Youth (PLAY) Program is a whole school initiative that trains students in grades five to eight as student leaders to lead children in kindergarten to grade three in fun recess games and activities.

PLAY student leaders develop skills to promote physical activity at school while learning about leadership, communication, respect, conflict resolution and bullying prevention.

### What are the Benefits?

The PLAY program supports the development of a positive and inclusive school environment. PLAY promotes positive mental health and well-being through physical activity and an increased sense of community during peer-led interactive games.

### How does it work?

Recruited student leaders will learn and teach new games and skills, meet regularly to share ideas with their PLAY peers, and have fun leading games at recess on selected days under the supervision of a PLAY Champion.

Everyone can PLAY a part, including parents! If you're interested in volunteering for the PLAY Program, please contact your school. Let's all get active, have fun, and work together. The whole school community will benefit from the PLAY Program!



### Public Health

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