

Benefits Of Outdoor Area

Outdoor play is enjoyable for children and important for their growth and development. When outdoors children are able to run, skip, jump, climb, throw, hop and catch and use their outside voices, which provides a healthy break from being inside.



- Children develop decision making (choosing an outdoor activity).
- Enables children to re-enact life experiences (playing as a fire fighter, painting a fence with water).
- Encourages children to develop and co-ordinate hand / eye movements (catching, throwing etc).
 - Helps children develop gross motor skills (climbing, swinging, jumping etc).
- Children have a better understanding of spatial awareness (swinging, climbing up, down, over or under).
- Develops children's balance (using the balance equipment, walking on different surfaces).
- Increases children's vocabulary (learning new names for natural objects, plants, birds animals).