



Outdoor Play and Learning (OPAL) Policy

Our Promise for Fun, Safe, and Happy Outdoor Play!

We believe that outdoor play is really important for everyone. It helps us learn, grow, and have lots of fun. Here is our OPAL policy, written by us, for us – based on The Grange Way.

I Smile and Say Hello

Everyone Can Play!

- All children should have the chance to play outside and feel included.
- We will be kind and share the space so everyone can join in.
- If someone is feeling sad or lonely, we will make sure they can join in the fun.

I Care for Everyone and Everything

We Keep It Safe

- Before we play, our adults will check the area to make sure it is safe.
- We will follow the rules of the play zones to keep everyone safe.
- We promise to play carefully, so nobody gets hurt – following the rules outlined in Play Assembly.

Respect for Nature

- We will look after the plants, trees, and animals in the playground and outdoor spaces.
- We won't pick flowers or hurt the wildlife.



- We will keep our outdoor play areas clean by putting litter in the bins.

I Listen to Learn

We Can Ask for Help and Develop New Skills

- If we have any questions we can't answer, we can always ask a teacher for help. We will share our learning with others during Play Assembly.
- We will use all opportunities to discover, explore and learn in our outdoor setting.
- We will develop our leadership and communication skills and will learn and play collaboratively.
- Our Play Leaders and Year 6 Buddies will further learning and play opportunities for our younger members of The Grange.

I Work Hard to Challenge Myself

Be Creative and Have Fun

- Outdoor play is all about using our imagination! We can create games, build things, and explore.
- It's okay to be messy sometimes, because we are learning while we play.
- We can use the space to run, climb, jump, or just sit and relax.

What We Can Do Outside

- Play games like tag, hide and seek, or football. The opportunities are endless!
- Build with sand, mud, or blocks.
- Climb, jump, and balance on things.
- Explore nature and look for bugs, leaves, or interesting things.



- Use our creativity to make up our own outdoor activities!

I Keep Healthy and Have a Positive Attitude

Healthy Bodies and Minds

- Playing outside helps us stay healthy and strong.
- We will make sure we drink water, take breaks, put on sunscreen when it's sunny and wear the appropriate clothing to keep ourselves warm and dry.
- We will listen to our bodies and rest if we need to.

We Promise To Have Fun, Be Safe, And Learn While We Play!

By following these rules, we will have the best time ever playing and learning outside!

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Authors of the Policy - The Antibullying and Mental Health Ambassadors (Year 5/6)