GREEN SCHOOLYARDS CAN INCREASE PHYSICAL ACTIVITY

Green schoolyards can promote physical activity by offering a variety of active play options that engage children of varying fitness levels, ages and genders.

85% OF EDUCATORS AND PARENTS said green schoolyards support a wider range of play activities than other types of schoolyards.

MORE OPTIONS, MORE ACTIVITY

- trees
- shrubs
- logs
- rocks
- running
- climbing
- jumping
- lifting

MEETING DIVERSE & CHANGING NEEDS

GREEN SCHOOLYARDS COMPLEMENT CONVENTIONAL PLAYGROUNDS WITH OPPORTUNITIES FOR LIGHT & MODERATE PHYSICAL ACTIVITY that are more appealing to some children.

- Green schoolyards can increase physical activity by offering a variety of active play options that engage children of varying fitness levels, ages and genders.

- Girls’ physical activity decreases as children grow, especially for girls. Green schoolyards sustain activity as children age and preferences change.

SUPPORTING RESEARCH


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