

TWO TYPES OF ACTIVE PLAY

Unstructured play can be creative and spontaneous. It lets children decide what, where and how they want to play, and can include:

- free play in playgrounds or backyards
- stacking or unstacking boxes, and dress ups.

Structured play is planned at set times and places, and may have specific rules and equipment. Examples include:

- creative movement and dancing
- swimming lessons and gymnastics.



Children's play can either be unstructured or structured, and both types of play can be fun and educational.