

# PLAY PHASE

BY ENGLAND FOOTBALL

## Welcome to your Captain's Log

Name





# Introduction

Welcome to your Captain's Log!

This is your space to note down any thoughts, plans, and ideas you have. It's designed to be used alongside the e-learning modules and your playbook of resources, to help you consolidate and make sense of everything that you've learnt.

We've included some information that you may find helpful, but remember, there's no right or wrong. It's your space, so use it how you want.



## Welcome

Let's start by writing down why you're here and any questions you may have at this point. What is it that brought you to Play Phase? What do you hope to gain from the learning?





# Play Phase philosophy



Play Phase is all about giving children aged 4 – 6 a fun-filled first experience of sport via play.

As a Captain of Play, your goal is to create a safe and supportive space where children can play. Your sessions should engage and involve the children, allowing them to have fun whilst being physically active.

## The five core elements of Play Phase

This summarises what Play Phase is all about.



Use this space to take notes on what Play Phase is all about.

Large empty rectangular box for taking notes on what Play Phase is all about.



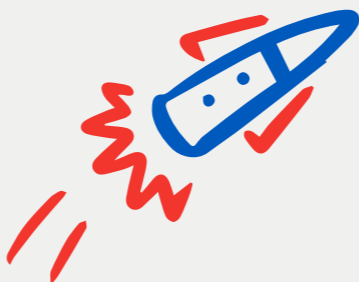
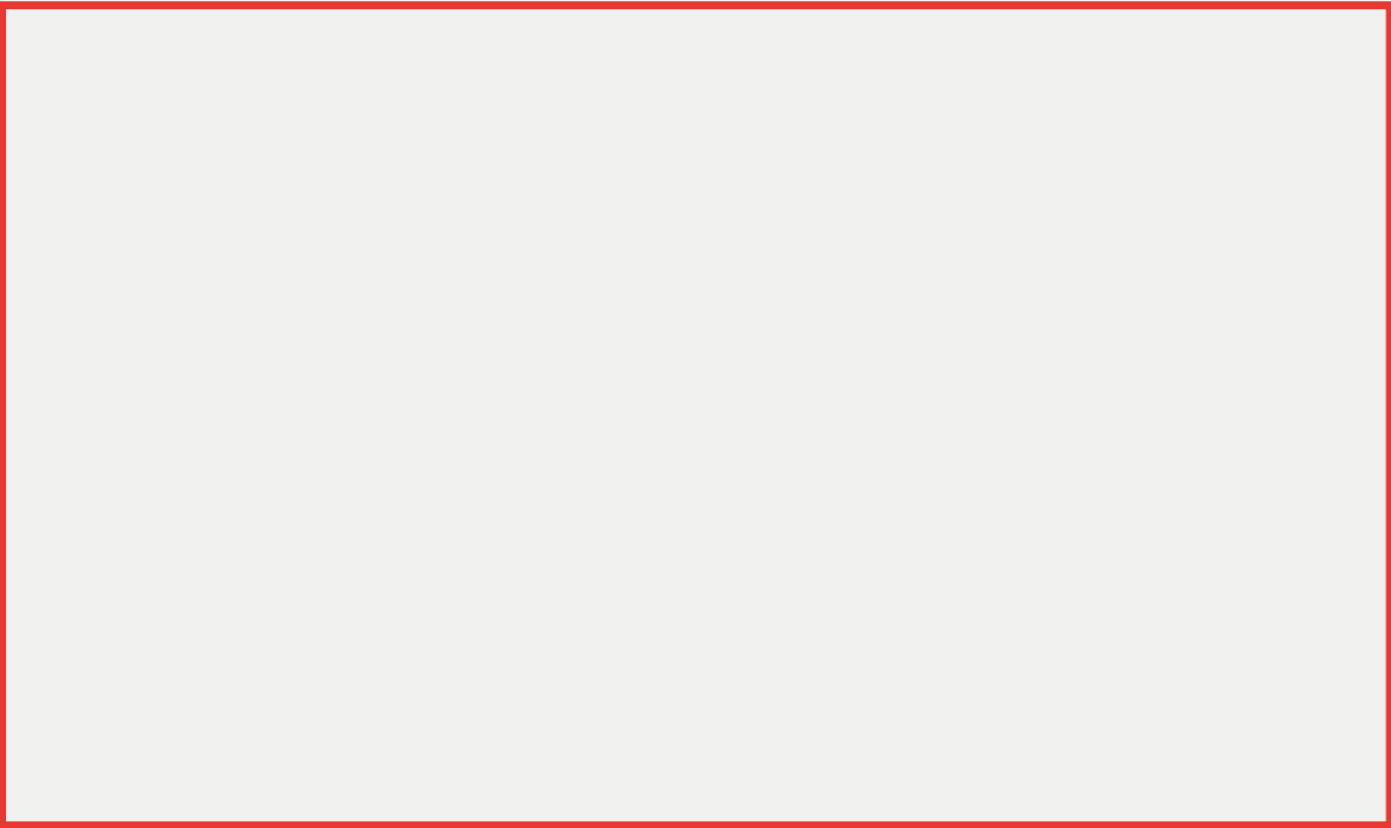
# Ensuring a safe environment

Creating a supportive environment and a culture that meets the specific needs of very young children must always be your priority.

Having completed The FA's Safeguarding children course, you already have an idea of what this means.

Working with children aged 4 – 6 will require some additional planning and safeguards. Please use the **Play Phase Safeguarding Guidance** in your playbook, developed specifically to support you. It provides a range of guidance along with helpful resources.

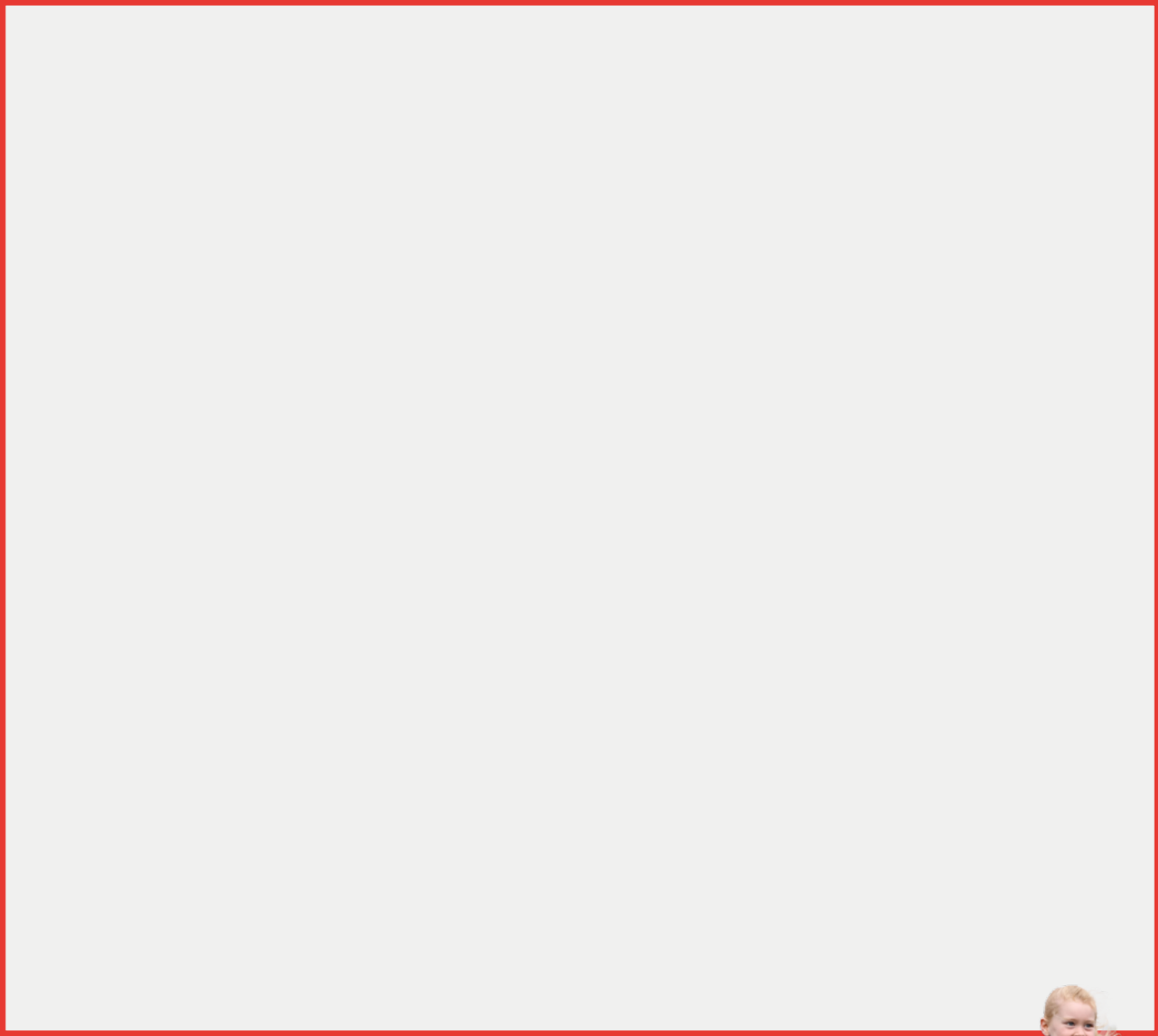
And remember it's important that parents and carers understand they must be present to supervise their child, including intimate care needs, such as a trip to the toilet. Take some notes of what you remember from your safeguarding learning.



# Understanding the children

The modules cover a lot of information about understanding the children and how they'll be developing at this stage in their lives.

Understanding each child and what makes them unique will give you a head start as a Captain of Play. Why not write down what you know about your children and how you can use this in your sessions?



# Development of the children



## Physical, social, and emotional development

The children will be developing physically, socially, and emotionally at this age. Here's a reminder of what this means. Use the space below to capture any useful notes.

### Physical development

Physically, they are refining their motor skills (movement of muscles) and becoming more coordinated.

### Social development

Socially, they are learning how to interact with others and navigate social situations.

### Emotional development

In terms of emotional development, they are beginning to understand their own feelings and the feelings of others.

## STEP

You can use the **STEP** principle (Youth Sport Trust, 2002) to adapt your activities so that all children can be involved.

**Space:** Change spaces, shapes, and sizes, like making the area smaller in a tag game to help the 'taggers'.

**Task:** Give different children different tasks, like playing with the ball at their feet, in-hand, or bouncing it as they move.

**Equipment:** Use different equipment for different abilities, like different sizes of football, or a non-bouncing ball to practise dribbling.

**People:** Change numbers within activities, for instance, in 'tag', you could have four people against one 'tagger', or change to three against two 'taggers'.



# Space for all

We've looked at how you can make your sessions a safe and supportive space for all. Why not take a minute to reflect on what you just covered. Start by completing the following sentences:

## As the Captain of Play...

I can create the right environment for the children by...

I can create an engaging session with STEP in mind by...

I can support SEND children by...

Use this space to write any extra notes on the different ways you can create a positive environment for the children in the group.



# Adding to your sessions

Now that you can create a space for all, think about what you can add to your sessions from what you've covered, and note them down here.

Write down any ideas you have for creating a different type of session.

Use this space to write down ideas on how to get the children moving.

Note down what activities you could include in your sessions, other than football.

Don't forget to keep your sessions fun! Write down what you could include in your activities that will make it fun for the children.

# The power of play

You can use **The Play Framework** to help you structure and plan your sessions. It allows you to plan fun and engaging activities based around your children and their needs, contributing directly to their development.



The Play Framework contains forms, features and outcomes of play. Use this space to reflect and make some key notes on how The Play Framework can help you aid the children’s development in your group.

# Unleash your inner Captain of Play

Here are our top picks of things that you should keep in mind as a Captain of Play.

- **Keep it simple.** Young children may be unable to decipher complicated instructions or rules.
- **Be patient.** Children may take more time to make decisions, leading to more pauses and activities taking longer than planned.
- **Keep to their pace.** Children may not be ready to fully understand the perspective of another person.
- **Be observant.** It's important to recognise young children may be more vulnerable due to the early stages of their verbal development.
- **Be trustworthy.** Children need to feel safe, protected and able to identify a trusted adult at this young age.
- **Use your resources.** Harness the power of play.
- **Use their imagination.** The children will have amazing imaginations. Use this in your sessions!
- **Have fun!**

Take a moment to reflect on your responsibilities as a Captain of Play. What extra tips would you give yourself to ensure you can create great sessions? Use the space below to write your notes.



# How to be a great Captain of Play

You've learnt so much about how to be a great Captain of Play and what this involves.

Now it's time to think about how you can develop as a Captain of Play. What do you recognise as your areas of strength? What are your areas of focus? Use the space below to capture your notes and perhaps discuss your thoughts with a peer.



# Bringing play to life

You've covered the six basic game types. Use this space to write down which ones you'd use in your sessions, and then use the playbook for more information on how the game is played.

# How can you evolve a game?

Use this space to write down what you'd do to evolve one of the basic game types and how to introduce football to it.



# The Idea Generator

You've covered the features and forms of play. Think about a game you'd choose and use the Idea Generator to build on it.

# Introduce the children to games

Use the space below to write down each of the four steps.

1

2

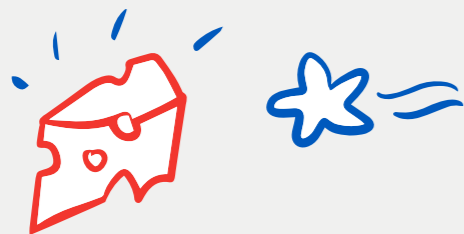
3

4

# Interacting with families

Interacting with families will be a big part of your sessions. Write down anything that you think will help you in doing this, here.

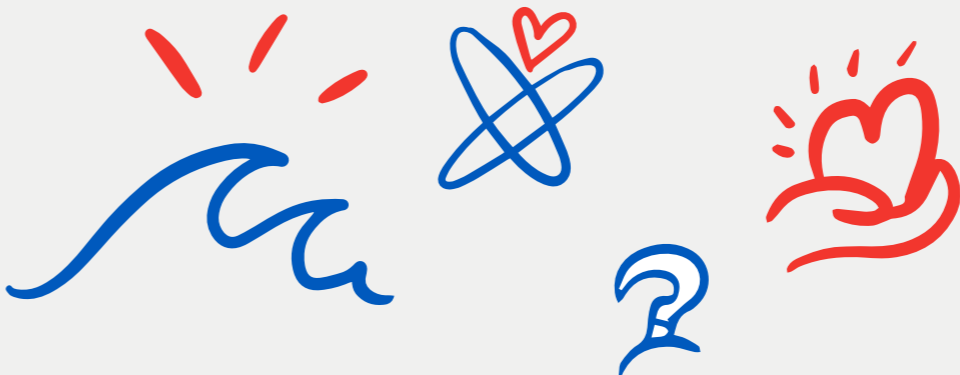
Remember, you can signpost families to the parent explainer card (found in the playbook) and coaching community podcast for parents (<https://community.thefa.com/coaching/podcasts/coachcast/>) to help them understand the sessions and Play Phase philosophy.

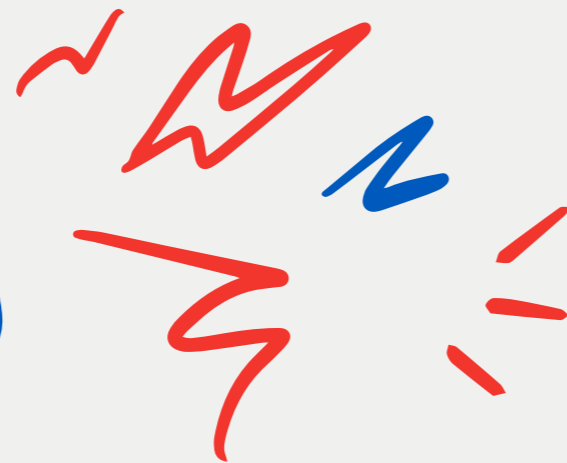
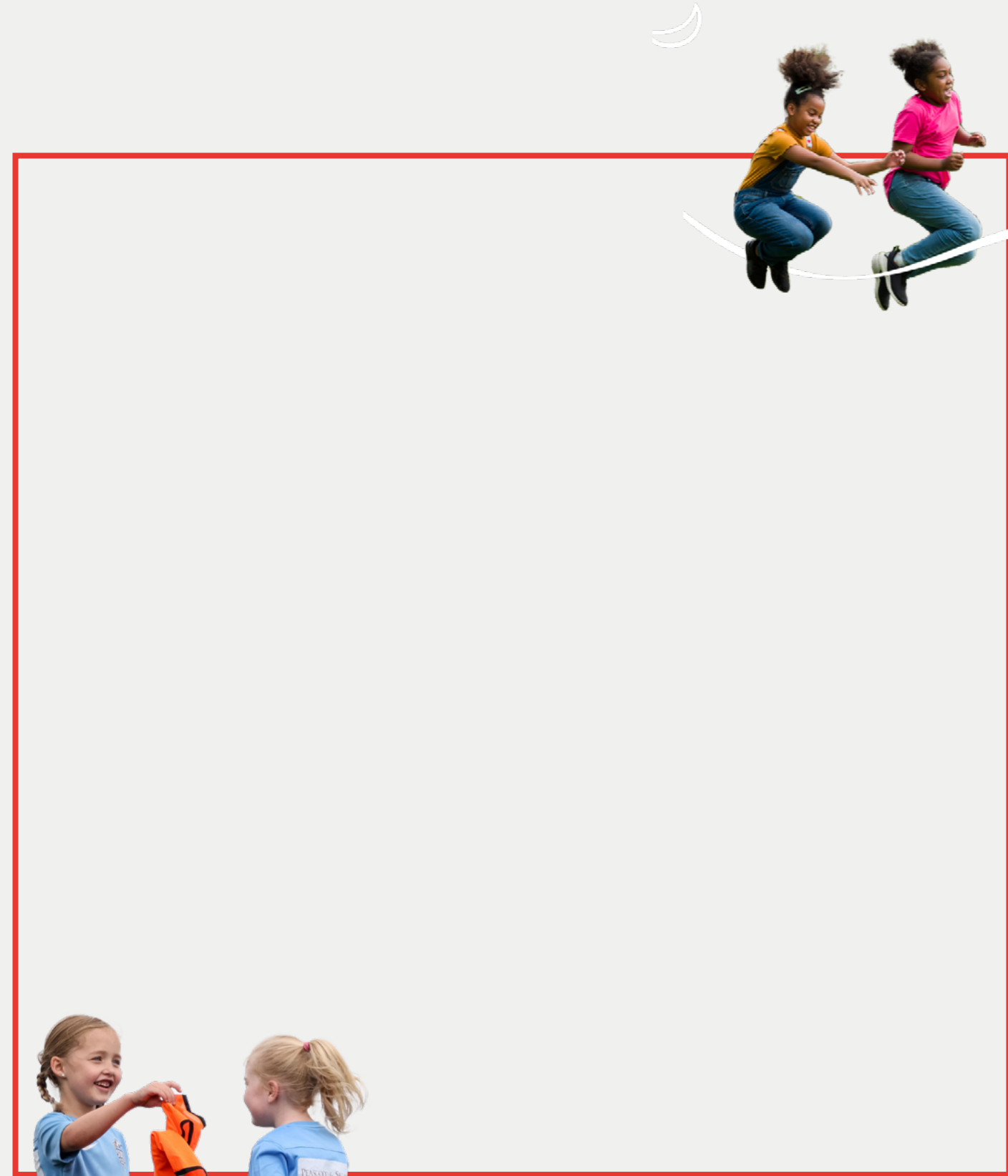


# Captain, you're ready

You're well on your way to becoming a great Captain of Play. You have a full set of resources that have been specifically designed to help you in all areas of Play Phase: activity cards, sample session plans and more – check them out.

Keep this Captain's Log safe. You'll have made notes on things you want to remember throughout, and you can carry on writing notes as you continue with Play Phase.





## Connect with the community

As we've mentioned in the e-learning, you can speak with fellow Captains of Play on the England Football Learning social community.

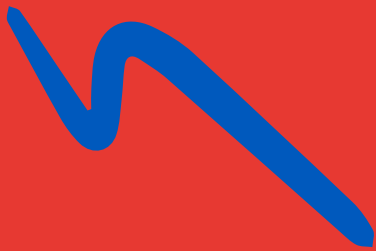
Use the space below to write down any questions that you have and that you may want to ask.

## Thank you

Play Phase relies on enthusiastic volunteers like you, and we appreciate your time and commitment to the programme.

So, we want to take this opportunity to say thank you!





# PLAY PHASE

 BY ENGLAND FOOTBALL

