



Tips for Organising the Learning Environment to Support Health, Safety and Motor Skills Development

Here are some tips for teachers to safely conduct activities to support health, safety and motor skills development:

Tips for Teachers

1. Establish and maintain rules to help children play safely and maximise activity time

Injuries and conflicts can be avoided when children know the expectations of playing safely (e.g., take turns while playing on a slide, slide down with their feet first and seated upright, make sure no children are in the way before jumping off an equipment).

2. Set routines to prepare children for physical activities

Routines help to organise the class efficiently and get children ready for the various physical activities (e.g., get water bottles ready, drink water after play, do warming up and cooling down exercises before and after the activities). Check for attire that may pose safety threats (e.g., loose or uncovered shoes, clothing with dangling drawstrings).

3. Set up the activity or play area

Ensure that the play area is suitable and safe for the activity. Define the activity/play area clearly using cones or poly spot markers, if necessary. Check for possible sharp objects on the ground and avoid areas near roads, crowded places and stairway landings.

4. Conduct regular checks on the play resources and equipment

Ensure that all indoor and outdoor play equipment, resources and materials are checked and cleaned regularly for children to use safely. Look out for potential dangers, such as rusted or broken equipment, rough splinters, sharp edges, protruding nails and loose nuts or bolts to ensure children's safety. Check to ensure that surfaces of playground equipment are not wet or too hot.

5. Gather up-to-date information about children's health conditions

Ensure that all children are physically fit to participate in the activities and take precautionary measures during activities.

6. Monitor weather conditions closely

Be aware of prevailing weather conditions (e.g., rain, lightning risks, heavy haze) when planning and conducting outdoor activities.