



Peaceful Playgrounds, Inc.
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PEP Grant Description For Peaceful Playgrounds

Research Based Practices

District will incorporate several research-based strategies, including Peaceful Playgrounds. Peaceful Playgrounds is a system of education activities that enhance both physical education and increases physical activity by painting game and activity markings onto a schoolyard surface.

The Peaceful Playgrounds Program is designed to enhance Physical Education Curriculum through enhancing children's social skill development, improving motor skill development, and increasing physical activity. Social skills are developed through the introduction of problem solving and conflict resolution strategies such as "Walk", "Talk", & "Rock, Paper, Scissors."

Motor skill development activities include skipping track, body and space circles, hopping grids, and balance beam activities painted at ground level thus making it accessible for special needs children and typical children alike. Children's physical activity level is increased through participation in the nearly 100 developmentally appropriate games and learning activities available in the Peaceful Playgrounds Program. (Hogan, et al. 2003).

There are five components to the program:

1. Consistent set of rules
2. Solutions to conflicts
3. Game markings
4. Equipment availability
5. Consistent expectations

The program has proven to reduce confrontations, increase motor skills, dramatically reduce injuries and improve playground efficiency (Bossenmeyer, M. & Owens, K. 1998).

Peaceful Playgrounds is intended to maximize the number of students involved in physical activity rather than waiting in line for their turn or just standing around talking. Healthy People Goals 2010 for the nation suggests that students spend 50% or more of their PE time engaged in moderate to

vigorous physical activity (MVPA).

Peaceful Playgrounds adds to the minutes that children are active and receiving practice time for motor skill development by adding up to 100 games to the elementary school playground. The Activity Guides identify the motor skills each game or activity develops for focused instruction from the teacher. Research has documented that more playground markings equates to more activity. (Stratton, 2002)

Peaceful Playgrounds research indicates that physical activity increased significantly as a result of implementing the Peaceful Playgrounds Program and adding the PP markings to the playground. In yet another study (Hogan, et al 2003) 80% of the principals surveyed reported that physical activity increased with the implementation of the Peaceful Playgrounds Program at their school site.

Combining both an enriched physical education, recess and after school environment where children have numerous game choices fulfills the well-documented need for increased physical activity bringing children within reach of CDC's Guideline of 30-60 minutes a day of moderate to vigorous physical activity.

State physical education standards call for students to achieve high levels of physical activity, learn skills of conflict resolution and problem solving, and finally to increase students' motor skill development. ALL of these standards are met with the implementation of the Peaceful Playgrounds Program.