

**Summer Independent Learning**

<b>Subject/Group</b>	<b>AAQ Early Childhood Development (Y11-Y12)</b>
<b>Topics</b>	<b>A2: The Benefits of Play for Children's Learning and Development</b>
<b>Timescale</b>	<b>5 - 6 hours</b>
<b>To be completed by</b>	<b>This work must be completed and handed in to your subject teacher on the first day of term</b>

By the end of this independent task, you will:

- Analyse how different types of play support holistic development in early childhood.
- Apply knowledge of play to real-world early years settings.
- Reflect on how play supports learning, transitions, and emotional wellbeing.

**Investigate – The Role of Play in Holistic Development**

**Task 1: Types of Play Research Grid (30 mins)**

Using online sources (e.g. NHS Start4Life, BBC Bitesize, or CACHE websites), complete the following grid with **clear definitions**, **examples**, and **linked developmental areas**. The table has been started

Types of Play	Definition	Areas of development it supports	Example from practice
Physical Play		Fine motor Hand –eye coordination  Balance Strength	

Creative Play			
Imagination/Role Play			Playing in home corner
Exploratory Play			
Co-operative Play			

### Task 2: Critical Thinking – Play & Development (30 mins)

Choose **three types of play** from your table and write a short explanation (about 150 words each) discussing:

How the play type contributes to **at least two** areas of development

How an early years practitioner can **promote or facilitate** this type of play

Why this play type is important during the early years foundation stage (EYFS)

Suggested sentence starters:

“Imaginative play contributes to both communication and emotional development because...”

“An early years practitioner could encourage this by...”

## Apply – Linking Play to Learning Outcomes

### Task 3: Holistic Development & The EYFS (45 mins)

The early years foundation stage (EYFS) sets standards for the learning, development and care of your child from birth to 5 years old.

[https://assets.publishing.service.gov.uk/media/670fa42a30536cb92748328f/EYFS\\_statutory\\_framework\\_for\\_group\\_and\\_school\\_based\\_providers.pdf](https://assets.publishing.service.gov.uk/media/670fa42a30536cb92748328f/EYFS_statutory_framework_for_group_and_school_based_providers.pdf)

Match each of the following **areas of holistic development** to types of play that support them. Then, explain how a practitioner can use play-based activities to support that area.

Area of Development	Play Type(s) That Support This	How Practitioners Can Support This Through Play
Physical development (gross & fine motor)		
Cognitive development (problem-solving, creativity)		
Language & communication development		
Early literacy & oral language		
Numeracy & mathematical understanding		
Social development (relationships, co-operation)		

Emotional development (confidence, resilience)		
Coping with transitions/significant life events		

Include references to **EYFS areas of learning**, such as "Communication & Language" or "Personal, Social & Emotional Development". (Pg 12)

### Create & Reflect – The Power of Play

#### Create a Professional Information Leaflet (30 mins)

Design a **professional A4 leaflet** aimed at **parents** or **new early years staff** explaining:

- Why play is essential in early childhood
- At least **three types of play** and their developmental benefits
- Examples of **practical play activities** that support learning
- A short section on how play helps children:
  - Understand the world
  - Build resilience
  - Cope with transitions (e.g. moving house or starting school)

**Tools you can use:** Canva, PowerPoint, Word, hand-drawn designs

#### Final Reflection – Professional Values (30 mins)

Write a reflective response (200–300 words) on the following:

**“How does high-quality play support a child’s ability to thrive emotionally, socially, and cognitively in the early years?”**

Use specific examples of types of play and reference at least one real-world example from a setting or placement.

Suggested structure:

Introduction: Why play is important overall

Key points: Link play to emotional, social, and cognitive development

Conclusion: The role of adults in creating play-rich environments