HEALTH WARNING

IS TOO MUCH SAFETY BAD FOR OUR CHILDREN'S HEALTH?

Healthy City Design International Congress 2017 London
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LUC

SOUTH WEST ACUTE HOSPITAL, ENNISKILLEN

Oxford Brookes University Campus Redevelopment, Oxford

Evidence to support Open Space and Green Infrastructure Policy Development

THE FIRST 10 YEARS OF LIFE PROVIDE A CRITICAL WINDOW FOR CREATING A LIFELONG COMMITMENT TO PHYSICAL ACTIVITY

LUC

TODAY - AREA CHILDREN ARE ALLOWED TO ROAM WITHOUT AN ADULT

1970’s - AREA CHILDREN WERE ALLOWED TO ROAM WITHOUT AN ADULT

Manipulating

Water pumps
Sand and water tables
Sand pulleys
Dams

Viewing

Mounding
Vantage
Port-holes

Sensory

Texture
Colour
Chimes
Musical notes

Spinning

Whirlwind
Roundabouts

Rocking

Timber rockers
Wobbly beam/bridge
Accessible seesaw

Climbing

Stacks and tangles
Timber/log steps
Log/rope trails
Rope-nets

Hiding

Tunnels
Dens

Balancing

Wobbly bridge
Stepping log/stones
Beams

Sliding

Wide slide
Firemen’s pole
High slide
Zip-wire

Performing

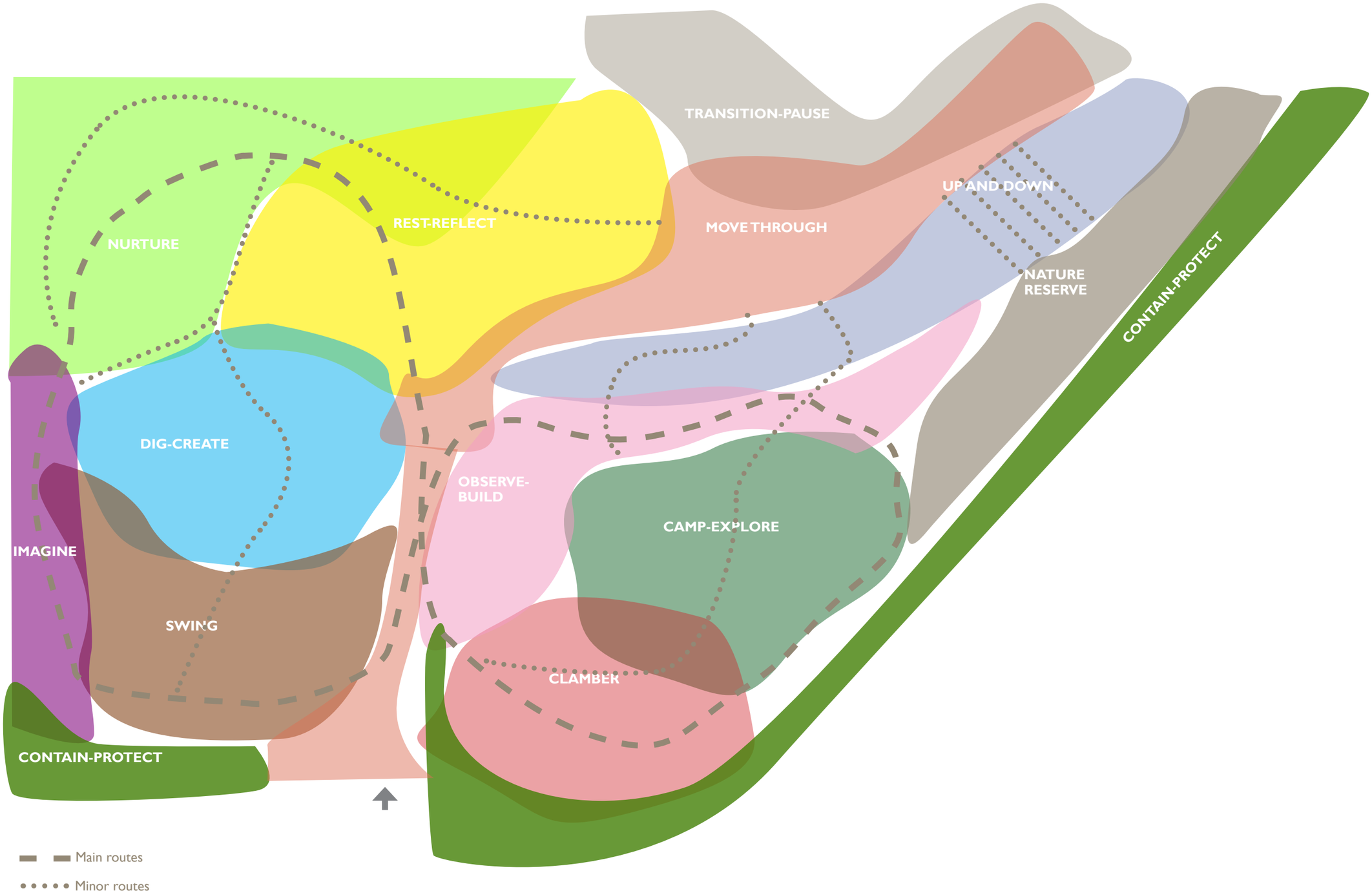
Events space
Information point
Stage
Meeting point

Swinging

Accessible swings
Tarzan swing
Two person balance swings
Cradle nest swing

Journeying

Hierarchy of routes
Trails, paths, corridors
Bridges, gateways, rooms

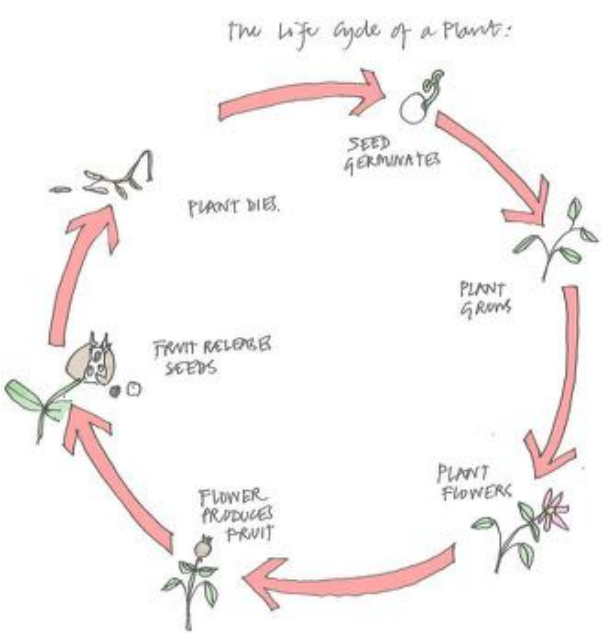

TRANSITION-PAUSE
NURTURE
REST-REFLECT
MOVE THROUGH
UP AND DOWN
NATURE
RESERVE
CONTAIN-PROTECT
DIG-CREATE
OBSERVE-
BUILD
CAMP-EXPLORE
IMAGINE
SWING
CLAMBER
CONTAIN-PROTECT
Main routes
Minor routes

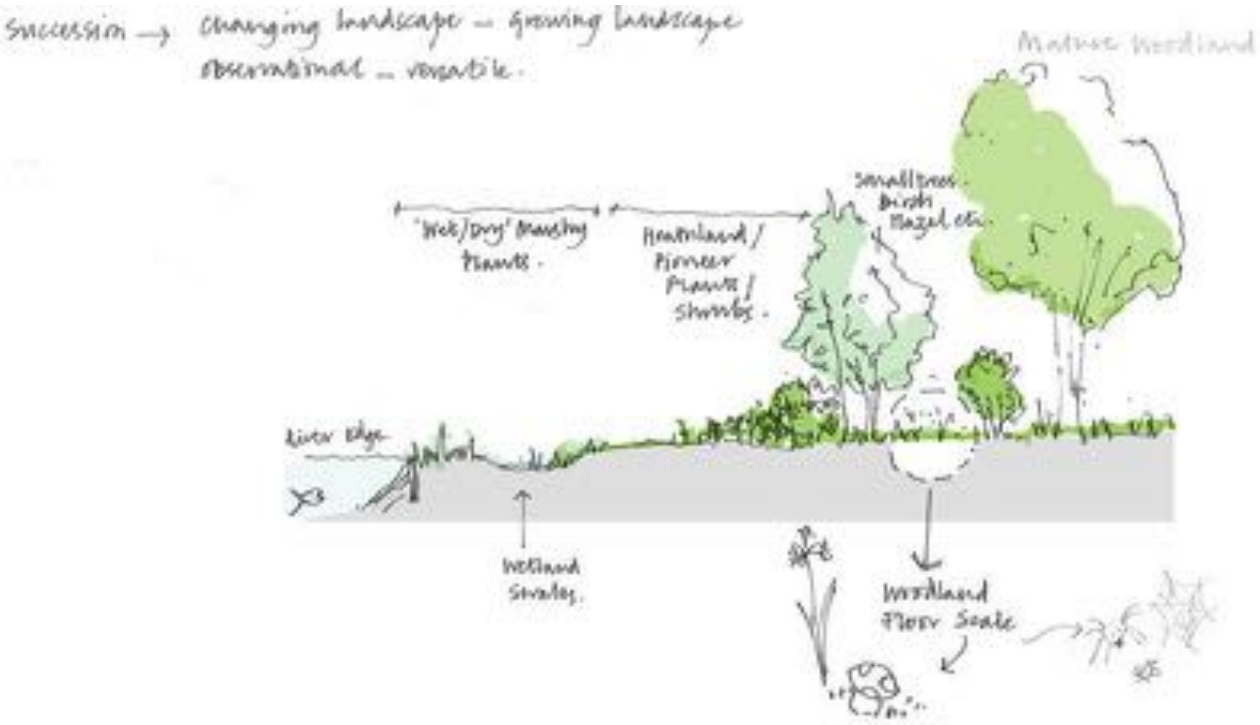
TUMBLING BAY

QUEEN ELIZABETH II OLYMPIC PARK

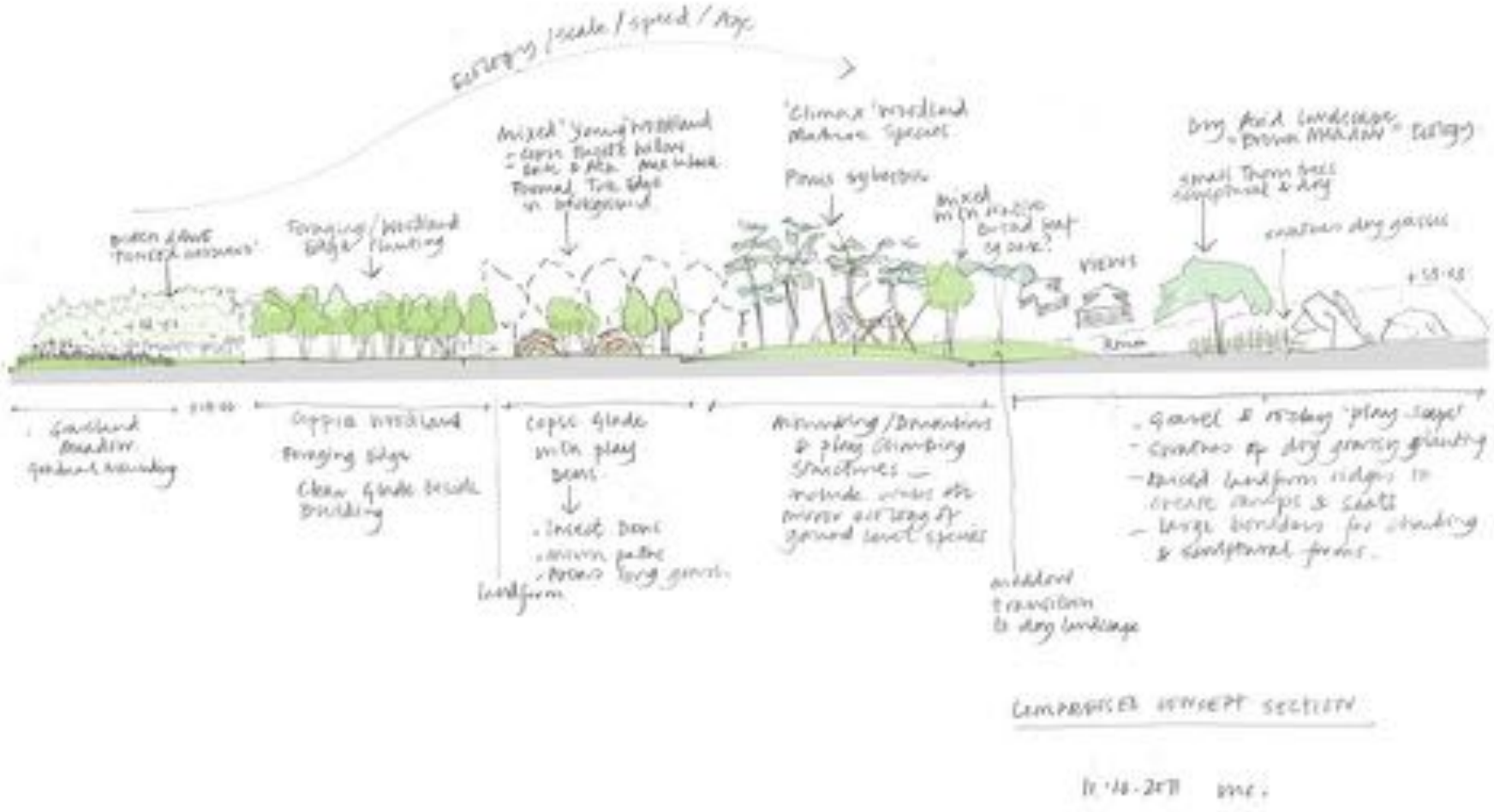
Games Time/Transformation + Legacy

Site Context

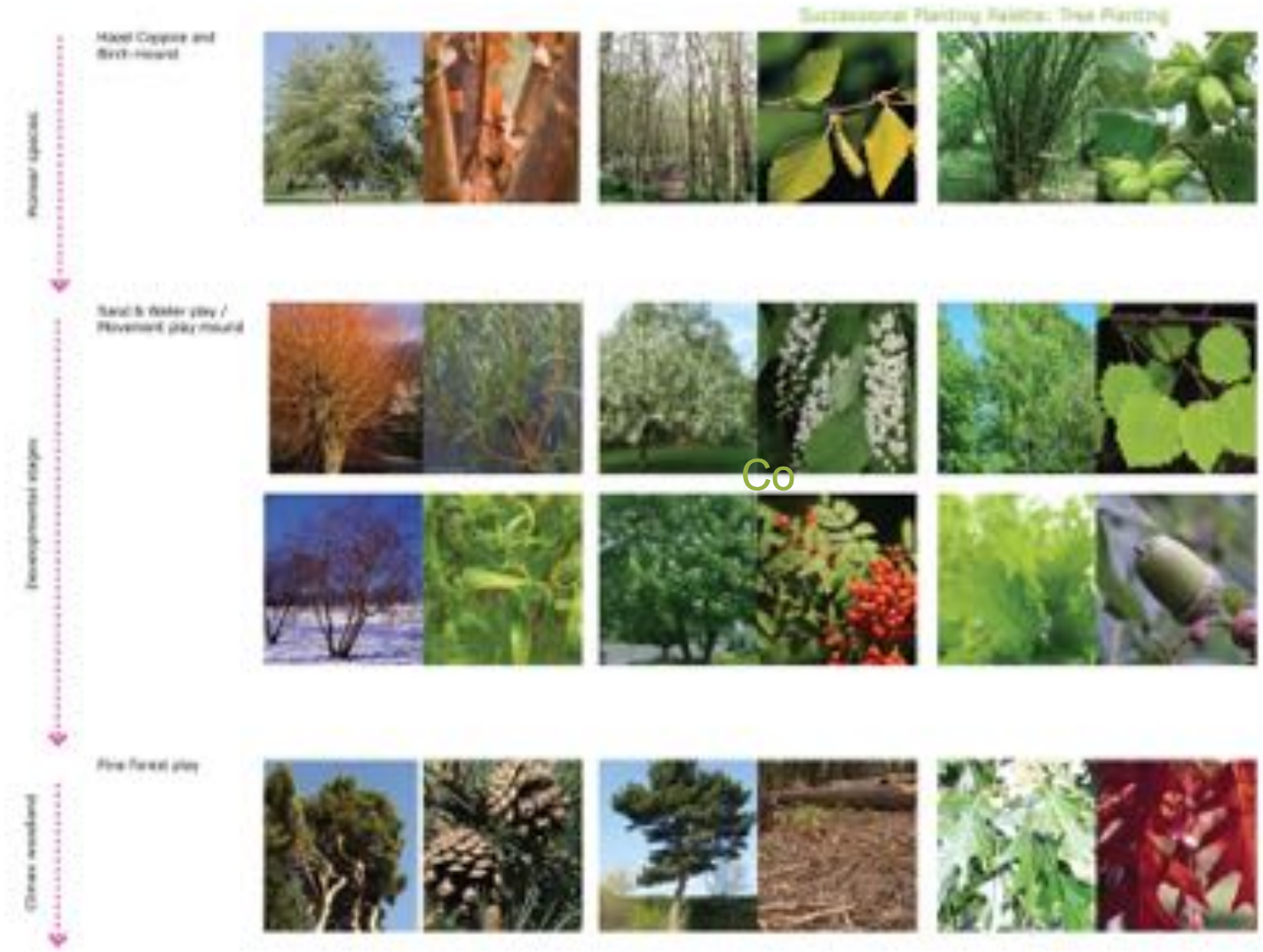




Lifecycle and Succession: Ecological principles as design inspiration



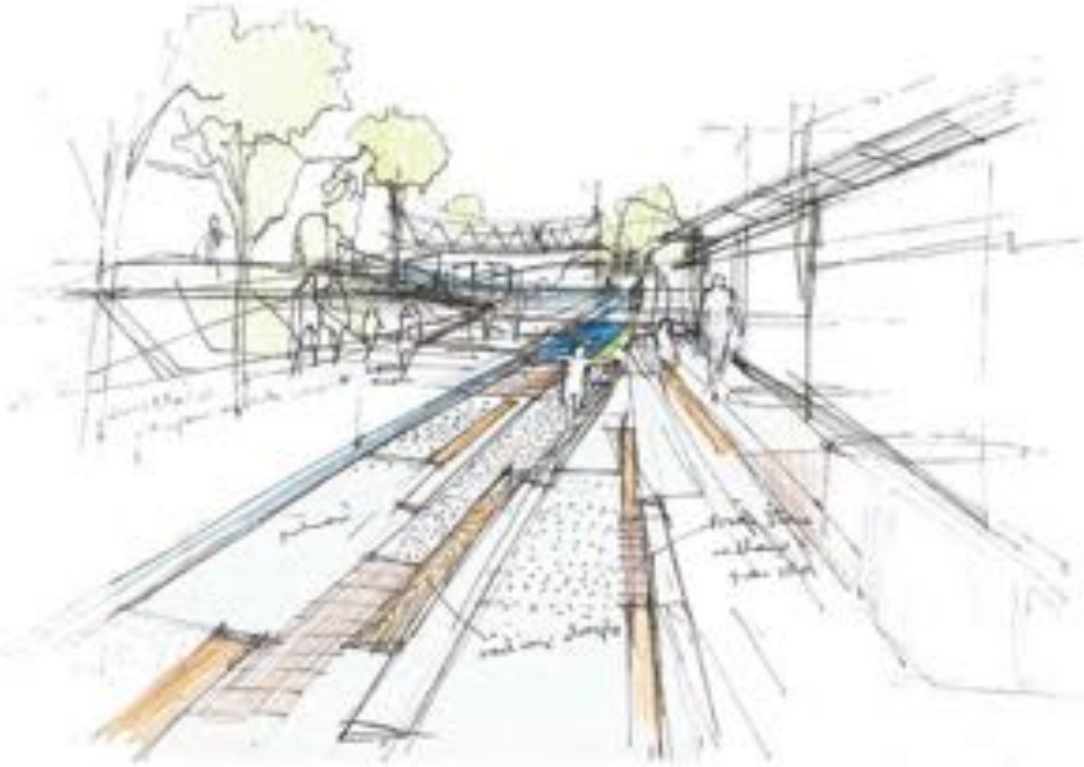
Plant Succession and Life cycle

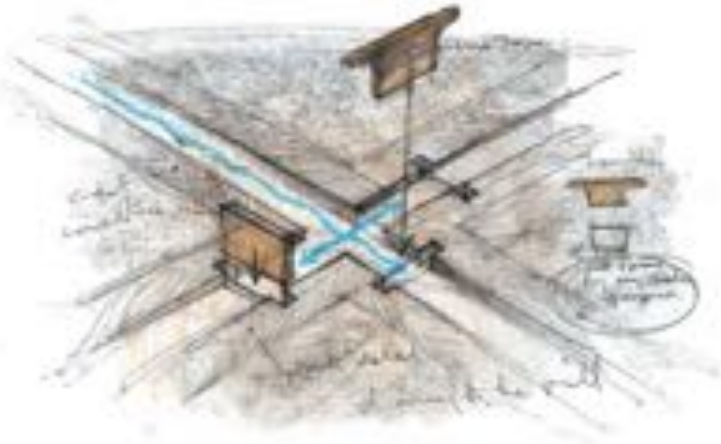


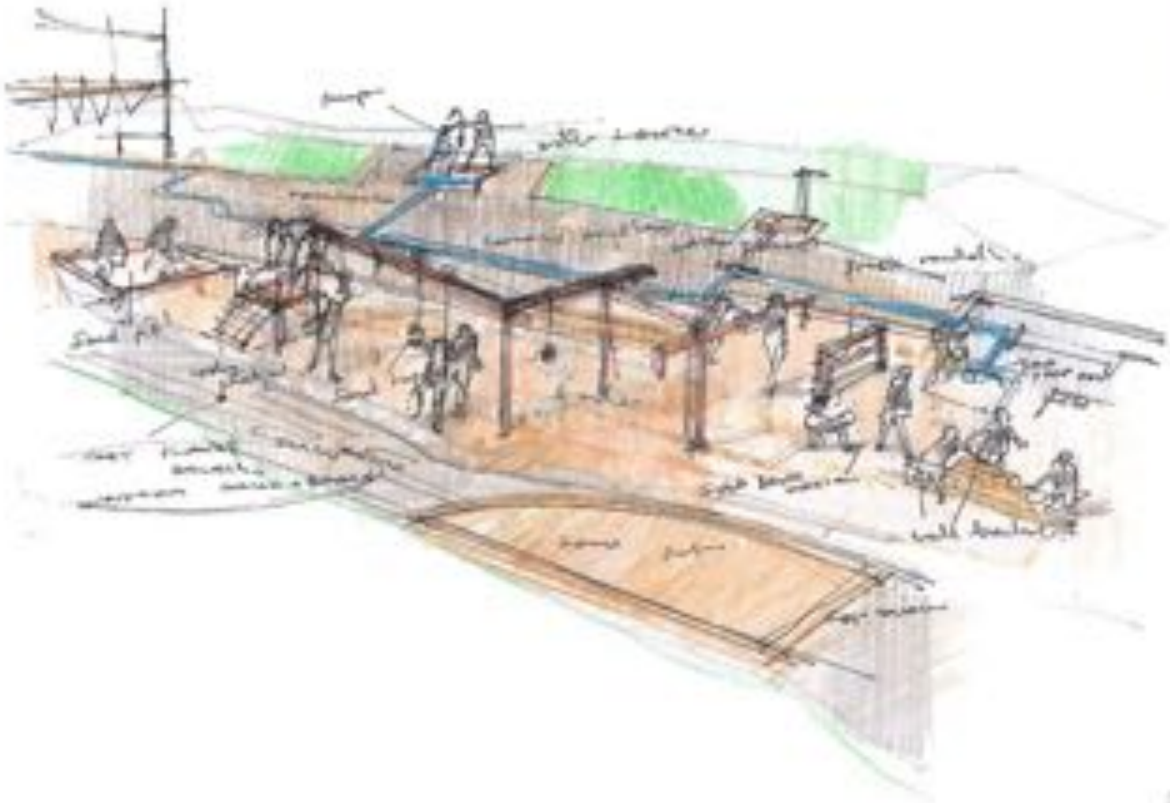
Lifecycle and Succession: Trees

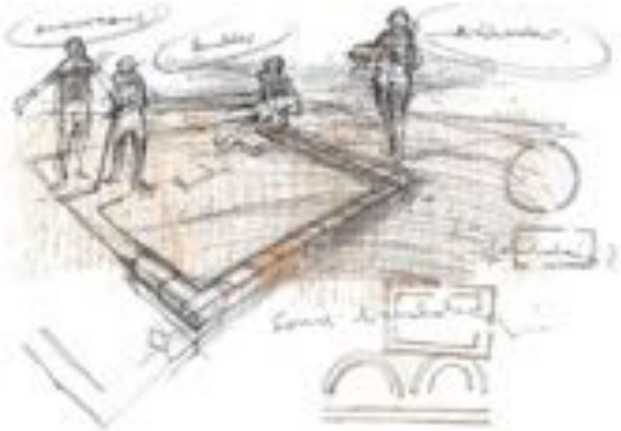
Scots Pine play Concept

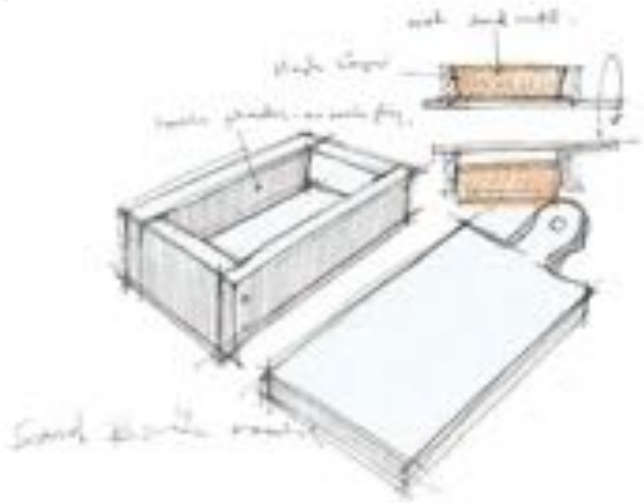
Landscape Masterplan

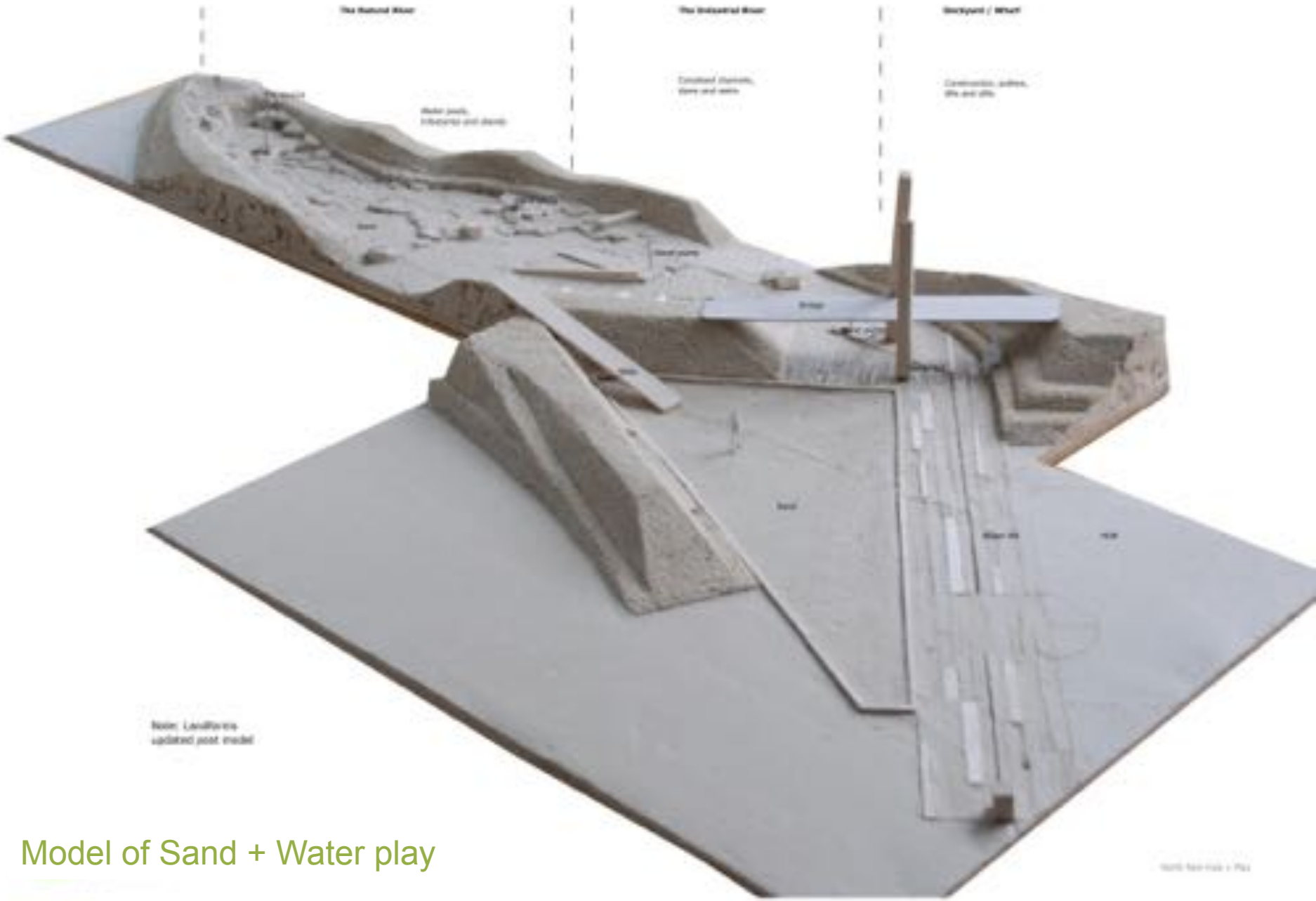












Model of Sand + Water play

Model of Scots Pine play

CAMDEN ACTIVE SPACES

ST DOMINIC'S PRIMARY SCHOOL

CSP NETWORK
NATIONAL REACH • LOCAL IMPACT

SPORT ENGLAND

How do you feel in your playground?
Overjoyed
Eaton
happy
ugly
bord
upset
happy
Fun
happy
angry
I am hap
We brom thes playground
bored
Happy
very happy
Football sad
very bord sad
awfull
bord/bord
sad
We want more
Nothing to play with

Danny Bunce Year 2

Thinking about playing in the playground in school, can you imagine what great things you could have there? Draw and write about how you would like our school playground to look and how you feel in the playground.

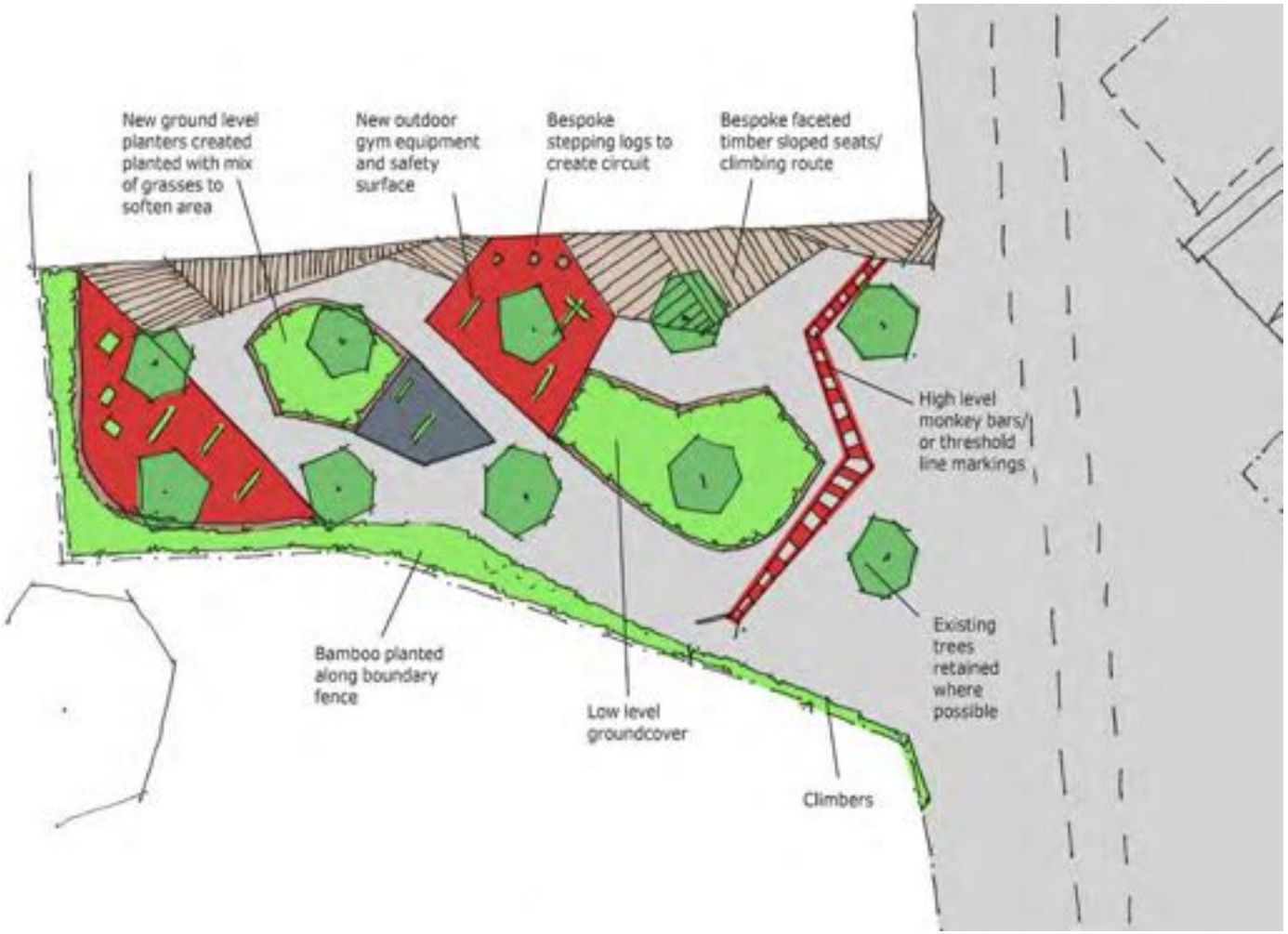
Timber tepee play huts
Timber seat edge
Low platform with pulleys & shutes.
reinforced woven willow fence with openings through
Sunken trampoline
Seat wall
New planting (+500mm)
New trees planted in bark chip with climbing net trail
New boundary planting
Sprint markings
Raised/stepped timber platform
'openings/windows'
Monkey bars
rope bridge
Slide
Stilt course posts
Ball Court/ Football Area
4 Parking Bays
Sliding fence/stem
Main Entrance.
Climbers
Cars + school pick up
IN (afterhours)
0 1 2 3 5 10.
1:100.

HAVERSTOCK
SECONDARY SCHOOL

OBSERVATION

ENGAGEMENT WITH GIRLS

SKETCH DESIGN



HOUNSLOW ACTIVE 4 PUBLIC PLAYGROUNDS

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Characteristics of Existing Sites

Redlees - some of the paths are redundant, and edgings are failing

St Dunstan's - existing play equipment is at or near the end of its life

Hawthorn Hatch - currently there are no paths within the play area making access difficult for much of the year.

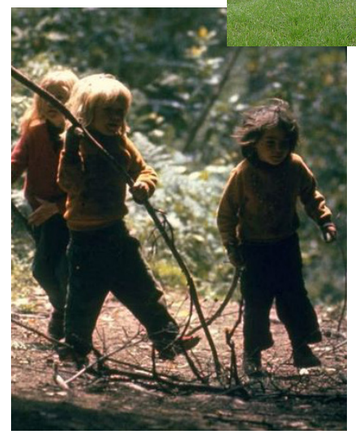
Carville Hall North - the existing play area for older children is in poor condition and offers limited challenge and excitement

Key Messages

WHAT IS HOUNSLOW ACTIVE SPACES?

An exciting new project promoting the benefits of outdoor play and physical activity to health and wellbeing.

It is focusing on school-aged children and families in local communities specifically because of the rise in childhood obesity in the UK and globally.



sliding balancing climbing collaborating exploring journeying imagining rocking swinging hanging spinning play journey

WHAT ARE THE BENEFITS OF PHYSICAL ACTIVITY?

- Building confidence and social skills
- Developing co-ordination
- Improving concentration and learning
- Strengthening muscles and bones
- Maintaining a healthy weight
- Managing stress
- Improving quality of life

More active children are healthier, happier and sleep better!

HOW CAN PLAY HELP?

The UK Chief Medical Officer's Guidelines recommend at least **60 minutes** of physical activity every day for children and young people (5-18 years) and at least **3 hours** across every day for children under 5 years of age.

Visiting your local playground is an easy and free way to get your children to be more active. These photographs illustrate the key physical activities that we will provide in your play area and which are most beneficial to children's physical and mental development.

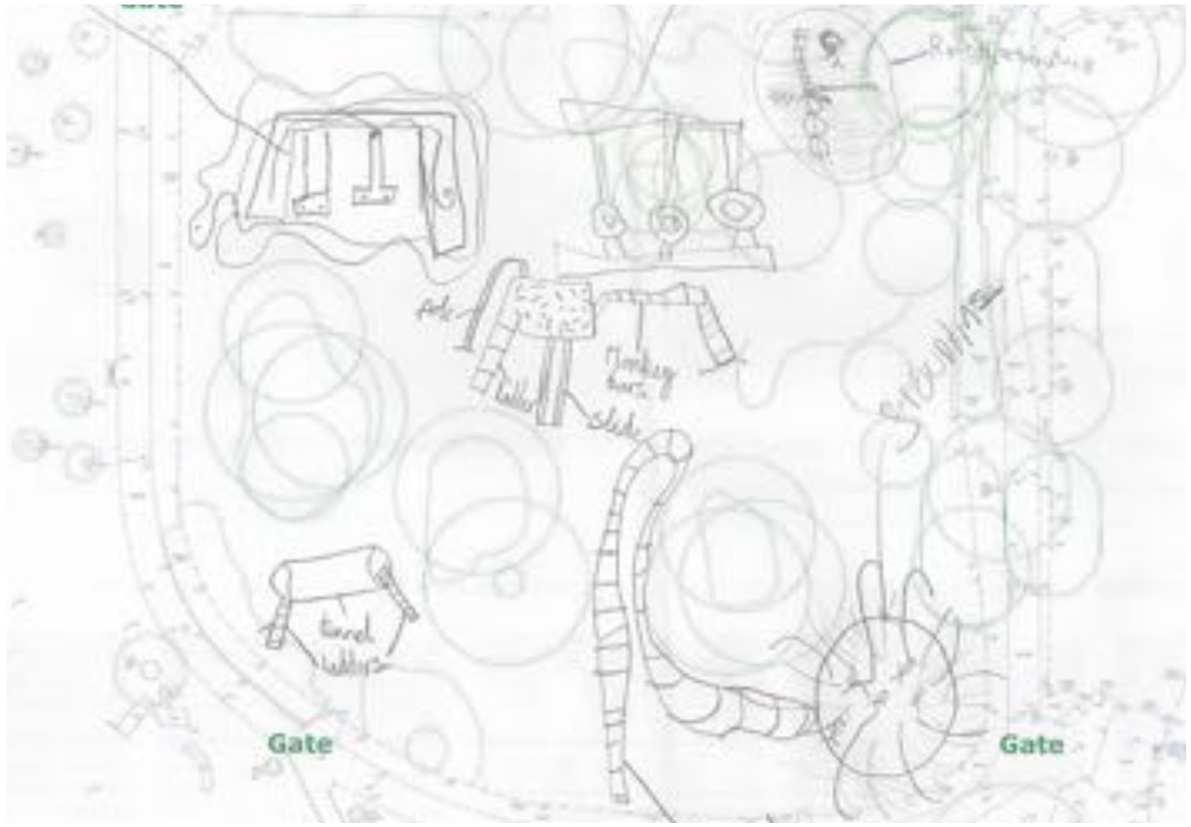
LUC

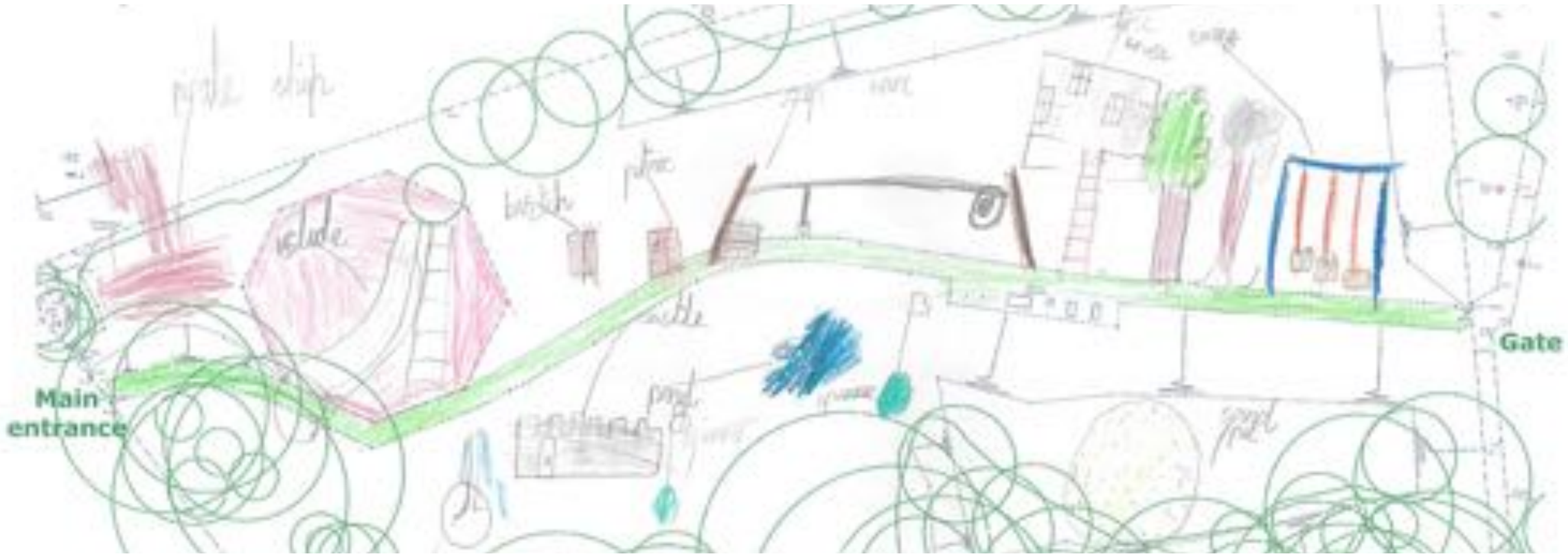
London Borough of Hounslow

Park Play Area
Hounslow Open Spaces

chest press

Schools' Design Competition





Final Designs

7.64

Redlees