



Tumble Play Policy

'Tumble Play' is a recognised play which is supervised and supported by adults. Children are given permission to bop each other with pillows, tumble and roll together within very clear boundaries.

We believe that tumble play is important;

- It provides a very important form of gross motor-play.
- It provides a play space which particularly suits those children who need and enjoy boisterous play.
- It supports children to play out strong emotions which they may not be able to share in any other way.
- It can support children who have had an early interruption in their attachment.
- Children are enabled to explore their own physical strength within safe limits.
- Tumble play enables the children to feel in control of their bodies and to experience the feeling of power.
- Children do see a lot of aggression around them – Tumble Play which is controlled by strong boundaries enables children to enact and figure out aggression in a safe situation.
- Tumble play can be an outlet for children to express feelings of anger and excitement.
- It allows children to take risks.
- Tumble play is very good for children who have no siblings, from single parent families or who experience two or more sets of boundaries.
- Tumble play enables children to build resilience and competence – understanding their own levels of tolerance.
- Boys particularly like Tumble Play – they can imitate how society portrays male role models; also imitating how adults may play with them at home; enables boys to have opportunities to touch each other. Boys tend to like to wrestle and hold each other down where girls prefer chasing.
- Young children enjoy climbing over one another and rolling around. It helps them understand their strengths and explore their changing position in space and find out what other children will/won't allow/you them to do.
- Research has found a relationship between physical play in the home and children's competence with peers. It has been found that children whose parents engage in physical play, particularly dads, are more likely to respond well in a school environment.
- As a result of tumble play, children have enhanced abilities to encode and decode social signals and hence it may enhance social cognition.
- It's great fun – and makes children laugh.

Practical suggestions when implementing Tumble Play

- 'Tumble play' is completely optional to children.
- Good to let Tumble Play run until the children decide it is the end rather than having a pre-set amount of play.
- Some children need to be given permission by staff to join in.
- Adults model how the children could 'bop' each other with pillows or noodles.
- Barriers are used to contain the space

'Tumble play' rules

- The 'rules' of 'Tumble play' will be explained each session.
- Every child who participates knows that they can say 'STOP' at any point.
- Every child who participates knows that if another child says 'STOP' at any point, they must respect their wishes.
- A child who doesn't respect another child's wishes will be given some time to one side so they can observe others using the strategies appropriately.
- If the children are not playing safely, the session will be stopped, and the rules explained again.
- Shoes to be taken off.
- All necklaces, hooped earrings etc will be removed prior to play.
- The play area will be kept free of any other toys or equipment.
- One qualified, permanent member of regular staff will be available during 'Tumble play' with a safe number of children.
- Golden Rules apply during Tumble Play.

Policy formulated on: Feb 2012

Policy last reviewed on: Oct 2018

Signed: Judy Westacott