

Central Coast Schools

# PLAYGROUND STENCILS INFORMATION PACK



**Health**  
Central Coast  
Local Health District

*Thank you to the following schools for sharing their ideas;*

**Budgewoi PS • Central Mangrove PS • Holy Cross PS • Toukley PS**



# What type of paint should I use?

## Spray paint

Spray paint in the can is the easiest method for marking the playground. Pavement or marking paint may be purchased from large Hardware stores.

## Tin paint

- When buying paint ask about area of coverage per tin. Divide this by half to allow for asphalt absorption.
- Use gloss or satin enamel paint for better wear and tear. Modern weather resistant (outdoor) acrylic emulsions are also suitable. These paints can be purchased from any good hardware shop or paint supplier.
- If using tinned paint do not try to mix secondary colours yourself from the tins.
- Always make sure that the paint is exterior quality.
- Avoid pastel colours and go for primary bright colours.

## How do I prepare my asphalt surface?

- Ensure that the surface is dry.
- Use a brush/broom to thoroughly clean the surface.
- Remove any loose material from the area to be painted.
- Use safety tape to cordon off area to be painted.

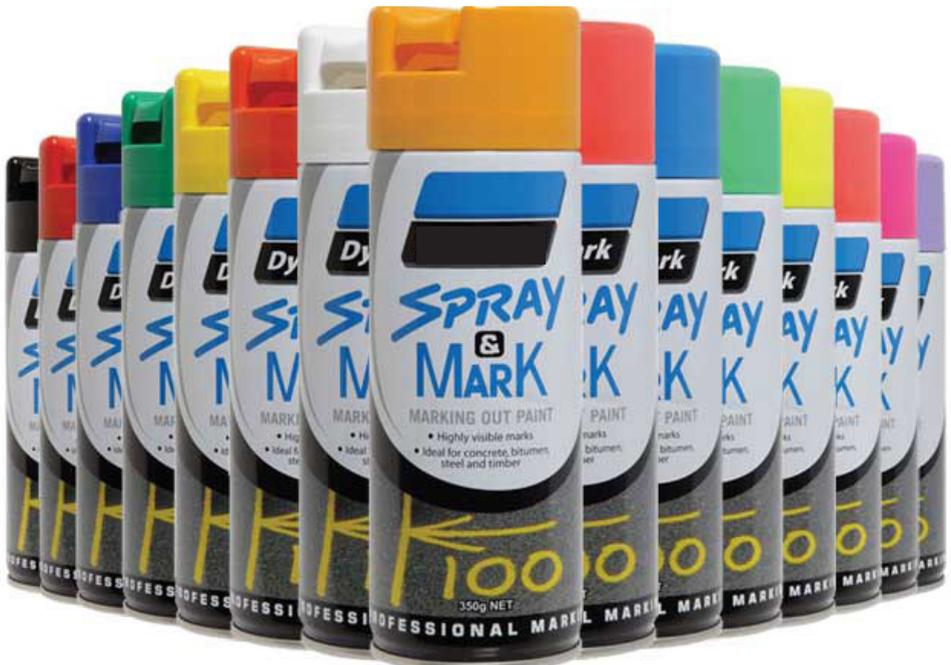
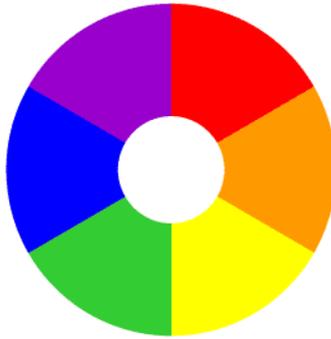
## How do I paint the asphalt surface?

- Asphalt is porous and often uneven and textured. If brushing on paint use a short stabbing motion to get paint into crevices.
- Do not paint on wet or damp surfaces.
- Never pour paint from the tin onto the surface and try to spread it around, it does not work.
- Have a small tin of black acrylic paint in case you want to make corrections.
- If you think you need to make a correction wait until the paint is dry and then brush over with black paint and start again.

## What colours should I choose?

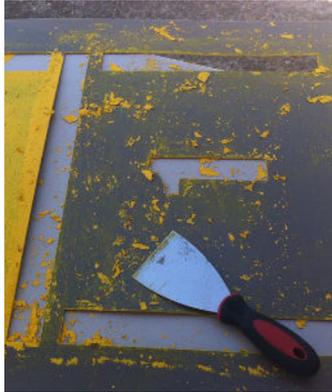
- Using complimentary colours will make the playground a vibrant environment for the children to play in.
- Using colour this way adds a professional touch to the overall design.
- Complimentary colours are opposite each other on the colour wheel.
- Examples of complimentary colours are: red & green, blue & orange and purple and yellow.
- You may even choose to use your school colours.

COOL COLORS    WARM COLORS



## Care & cleaning of the playground markings:

- Please ensure that the playground markings have been cleaned before returning.
- Spray the stencils with cooking oil may help with clean up.
- The easiest way to clean the markings is to scrub off the paint while still wet, you may use turps or other cleaning products.



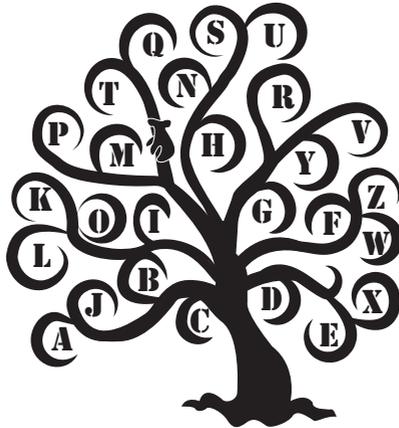
- If the paint is dry when cleaning use a paint scraper.
- If the paint does not easily come away with a paint scraper, a pressure hose or gurney works well.
- If they are returned in an unsatisfactory condition we will ask you to take them back and clean them.



# Ideas for using the stencils

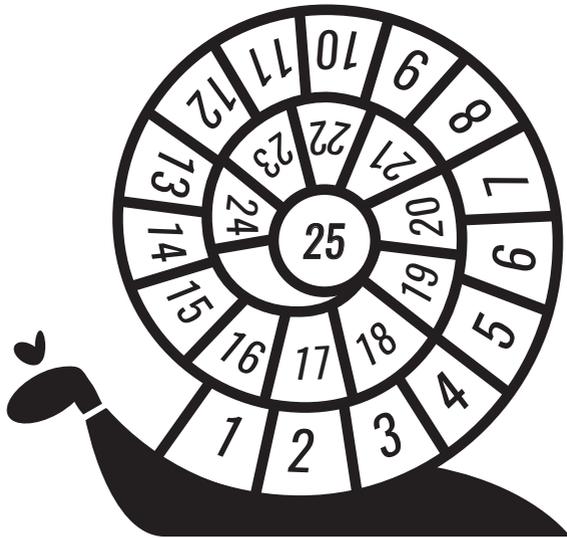
Students will come up with a number of games themselves but you may like to introduce them during class to some of the following.

## Alphabet Tree



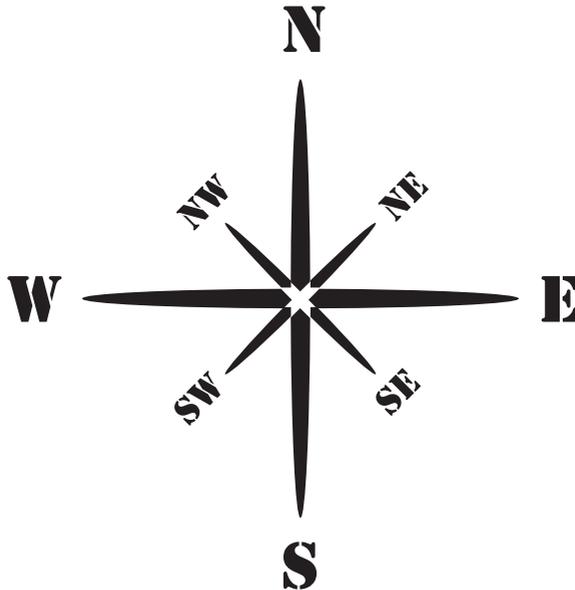
- We have used it in K/1 for letter recognition, spelling hop, finding particular sounds in words such first or last sound.
- Call out a letter and ask student to throw a bean bag onto the letter- uses Uppercase recognition.
- Hop to letters to make a word.
- Initial sound game – find the letter that “cat” starts with.
- Children spell their name or consonant, vowel, consonant words or spelling words.
- Spelling and blends.
- Students jump or hop to the alphabet or spell out words such as their name or classroom spelling words.
- Students underarm throw bean bags onto letters to the alphabet or spell out words such as their name or classroom spelling words.
- Students spell out a word as fast as they can by running to each letter of that word. They can start off with short words and then progress to longer words. The students can come up with the words.
- Tree- timing challenge students step on each of the letters in order from a-z and are timed at how quickly they can perform this task.

# Snail



- Addition of numbers you are standing on, creating a number sentence or story if the number you are on is the answer.
- Number recognition, add or subtract a given number from where you stand.
- Roll the dice and hop to that number, continue to roll and add on.
- Skip/Jump/Leap counting by 2's etc.
- Snail hopscotch, can increase difficulty by only hopping/jumping on even numbers.
- Students underarm throw bean bags onto numbers and add up scores.
- Students do the static balance or hop on each odd number then progress to a jump for every even number.
- Play musical chairs and when the music stops each student needs to find an available spot on the markings and do either the static balance or hop.

# Compass



- General direction games eg. Child standing in the middle of compass - Name something that you see that is to the North etc.
- Target - Overhand throwing. Using beanbags get children to target the different navigational points on the compass.

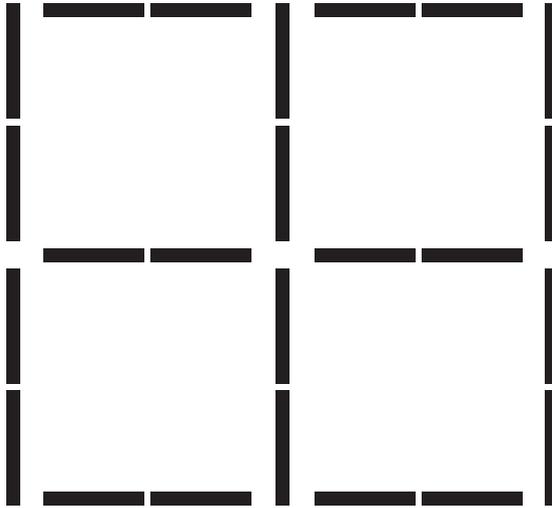
## **Compass Ball**

- Players stand one on each of the inner (NE, NW, SW, SE) and outer (N,S,E,W) compass points. A soft ball or beanbag is given to one of the players standing on an outer point. The players on the inner points should move in a clockwise direction. The ball or the beanbag is thrown to the inner points caught by the nearest player and passed out to the next of the outer players. To make the game more demanding;
- Introduce a second ball or beanbag and this can increase to a total of 6 beanbags. Change the direction of the inner circle. Rotate the children at the outer points aswell.

### Rules

- Should the ball or beanbag drop all players should change position and the game should start again.

# 4 Squares



- Handball courts.

## Four Squares

- Each player stands in one of the four squares.
- To start the game, the player in square four serves the ball by bouncing it in their square once and then hitting it towards one of the other squares. The receiving player then hits the ball to any other player in one of the other squares.
- The ball must bounce in another player's square, and they must hit it to another player before it bounces a second time.
- A player may hit the ball before it bounces, if they choose to do so.
- If a player hits the ball so that it misses another player's square, or fails to hit the ball before the second bounce after it has landed in their square, they are "out".
- When a player is out, the other players move up to take their place, and that player moves to the last square, or to the end of the line, if there are more than four players.
- The object of the game is to move up to and hold the server's position

# Target Game



- Maths: division, fractions and addition and subtraction.
- Using bean bags or other soft items students overarm throw at target, assign different scores to areas of the target.
- Modify challenges by changing distance and by having the players throw while stationary or mobile.





For further information please contact  
the Health Promotion Service on:

**4320 9700**

OR

**[www.healthpromotion.com.au](http://www.healthpromotion.com.au)**