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# DEVELOPMENT OF PLAY

Play is very important to a child's development. Young children can develop many skills through play. They develop their language skills, motor skills, emotions, creativity and social skills.

## Types of play –

- **Solitary Play:** This is when a child plays alone. All children like solitary play at times. When engaged in solitary play, children don't seem to notice others playing nearby.
- **Parallel Play:** This is when a child plays alongside another child without interacting. A child may observe the other children and imitate what they do.
- **Imitative Play:** This is when a child and another child copy each other. One child starts to jump and soon they are both jumping. Or you are building with blocks and a child tries to do the same.
- **Cooperative Play:** As a child gets older, he or she will start to play with other children. They may work together to build a tower or create a mud cake. Many children are not ready for this kind of play until they are 36 months of age or older.
- **Unoccupied play:** This starts from birth, baby will sometimes have some unexplained movements which can seem to be random movements with no clear purpose. This is the beginning of their play.
- **Associative play:** At 3-4 years of age children may start to become more interested in other children rather than toys. They may start asking questions and talking about toys and their play.



In a child centred environment, the child is the focus of all activities. Play is usually initiated by the child and can also be enhanced by the practitioner. Adults can facilitate child centred play by: taking children's play seriously, being excited about their discoveries, praising their achievements, being patient and encouraging, valuing the process of their play and not always expecting a predictable end product.

Playing is a natural and enjoyable way for children to keep active, stay well and be happy. Freely chosen play helps children and young people's healthy development. To have good physical and mental health and to learn life skills, they need various unstructured play opportunities from birth until they're teenagers.

**Free Play** - Free play is when a child decides and controls their play following their own instincts, imagination and interests. They play without being led by adults. There's no right or wrong way to play. Free play improves children's health, well-being and development. Try not to make the free play too chaotic and offer too many activities at the same time as some children may find this overwhelming and it may prevent them from exploring activities

**Why play is important** - Play improves the cognitive, physical, social, and emotional well-being of children and young people. Through play, children learn about the world and themselves. They also learn skills they need for study, work and relationships such as: confidence, self-esteem, resilience, interaction, social skills, independence, curiosity and coping with challenging situations

**Developing physical health through play** - Physical play such as running, skipping and riding a bike/scooter helps children develop: good physical fitness, agility, stamina, co-ordination and balance. Activities to develop fine motor skills such as picking up smaller items, holding a paintbrush or crayons/pencils, playdough with cutters/scissors and rolling pins.

**Developing social skills through play** - Playing can help children develop their social skills with others. By listening, sharing attention and sharing play experiences. This helps a child to explore their feelings, develop self-discipline, learn how to express themselves and work out emotional aspects of life.

# DATBLYGU CHWARAE



Mae chwarae yn bwysig iawn i ddatblygiad plentyn. Gall plant ifanc ddatblygu llawer o sgiliau drwy chwarae. Byddant yn datblygu eu sgiliau iaith, eu sgiliau echddygol, eu hemosiynau, eu creadigrwydd a'u sgiliau cymdeithasol.

## Mathau o chwarae –

- **Chwarae Unigol:** Dyma pan fydd plentyn yn chwarae ar ei ben ei hun. Mae pob plentyn yn hoffi chwarae unigol ar adegau. Wrth chwarae'n unigol, nid yw'n ymddangos bod plant yn sylwi ar eraill yn chwarae gerllaw.
- **Chwarae Cyfochrog:** Dyma pan fydd plentyn yn chwarae wrth ochr plentyn arall heb ryngweithio. Gall plentyn arsylwi ar y plant eraill a dynwared yr hyn y maent yn ei wneud.
- **Chwarae Dynwaredol:** Dyma pan fydd plentyn a phlentyn arall yn copïo ei gilydd. Mae un plentyn yn dechrau neidio ac yn fuan mae'r ddau yn neidio. Neu rydych chi'n adeiladu gyda blociau ac mae plentyn yn ceisio gwneud yr un peth.
- **Chwarae Cydweithredol:** Wrth i blentyn dyfu'n hŷn, bydd yn dechrau chwarae gyda phlant eraill. Efallai y byddant yn gweithio gyda'i gilydd i adeiladu tŵr neu greu cacen fwd. Nid yw llawer o blant yn barod ar gyfer y math hwn o chwarae nes eu bod yn 36 mis oed neu'n hŷn.
- **Chwarae segur:** Mae hyn yn dechrau o enedigaeth, weithiau bydd gan faban rai symudiadau anesboniadwy a all ymddangos yn symudiadau ar hap heb unrhyw bwrpas clir. Dyma ddechrau ei chwarae.
- **Chwarae Cysylltiadol:** Yn 3-4 oed efallai y bydd gan blant fwy o ddiddordeb mewn plant eraill yn hytrach na theganau. Efallai y byddant yn dechrau gofyn cwestiynau a siarad am deganau a'u chwarae.



Y plentyn yw ffocws pob gweithgaredd mewn amgylchedd sy'n canolbwyntio ar y plentyn. Caiff chwarae ei gychwyn gan y plentyn fel arfer a gall yr ymarferydd ychwanegu ato hefyd. Gall oedolion hwyluso chwarae sy'n canolbwyntio ar y plentyn drwy: gymryd chwarae plant o ddifrif, bod yn llawn cyffro am eu darganfyddiadau, canmol eu cyflawniadau, bod yn amyneddgar ac yn anogol, gwerthfawrogi'r broses chwarae a pheidio â disgwyl cynnyrch terfynol rhagweladwy bob tro.

Mae chwarae yn ffordd naturiol a hwyliog i'r plant gadw'n actif, aros yn iach a bod yn hapus. Mae chwarae a ddewisir o wirfodd yn helpu plant a phobl ifanc i ddatblygu'n iach. I gael iechyd corfforol a meddyliol da ac i ddysgu sgiliau bywyd, mae angen amrywiaeth o gyfleoedd chwarae distrwythur arnynt o'u genedigaeth nes eu bod yn eu harddegau.

**Chwarae Rhydd-** Chwarae rhydd yw pan fydd plentyn yn penderfynu ac yn rheoli ei chwarae gan ddilyn ei greddfau, ei ddychymyg a'i ddiddordebau ei hun. Mae'n chwarae heb gael eu harwain gan oedolion. Nid oes ffordd gywir nac anghywir o chwarae. Mae chwarae rhydd yn gwella iechyd, lles a datblygiad plant. Ceisiwch beidio â gwneud y chwarae rhydd yn anhrefnus a chynnig gormod o weithgareddau ar yr un pryd gan y bydd rhai plant yn gweld hyn yn llethol ac efallai y bydd yn eu hatal rhag archwilio gweithgareddau

**Pam mae chwarae'n bwysig** - Mae chwarae yn gwella lles gwybyddol, corfforol, cymdeithasol ac emosiynol plant a phobl ifanc. Trwy chwarae, mae plant yn dysgu am y byd ac amdanyn nhw eu hunain. Maent hefyd yn dysgu'r sgiliau sydd eu hangen arnynt i astudio a gweithio ac ar gyfer perthnasoedd fel: hyder, hunan-barch, gwydnwch, rhyngweithio, sgiliau cymdeithasol, annibyniaeth, chwilfrydedd ac ymdopi â sefyllfaoedd heriol

**Datblygu iechyd corfforol drwy chwarae** - Mae chwarae corfforol fel rhedeg, sgipio a reidio beic/sgwter yn helpu plant i ddatblygu: ffitrwydd corfforol da, ystwythder, stamina, Cydsymud a chydbywso. Gweithgareddau i ddatblygu sgiliau echddygol manwl fel codi eitemau llai, dal brws paent neu greonau/pensiliau, toes chwarae gyda thorwyr/siswrn a phennau rholio.

**Datblygu sgiliau cymdeithasol trwy chwarae** - Gall chwarae helpu plant i ddatblygu eu sgiliau cymdeithasol gydag eraill. Trwy wrando, rhannu sylw a rhannu profiadau chwarae. Mae hyn yn helpu plentyn i archwilio ei deimladau, datblygu hunanddisgyblaeth, dysgu sut i fynegi ei hun a deall agweddau emosiynol ar fywyd.