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## Goals of Playground Stencils

The primary goals of playground stencils are to:

1. Increase children's interest in PA as well as the duration and intensity of PA during outside play with low-cost, limited/no equipment
2. Encourage development of fundamental movement and motor skills when used in conjunction with evidence-based PA curricula (i.e. CATCH)
3. Create appealing outdoor spaces that promote PA while also reinforcing nutrition education and academic concepts
4. Build capacity among teaching staff to encourage and facilitate physical activities using outdoor spaces
5. Support teaching staff to infuse PA into the school day outside of the set outdoor break times and teach academic concepts through movement