

Role of Active Play in the Development of Children Physical Well-being in Foundation Phase

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ABSTRACT Play is part of every child's life and is an activity that has few obligations and little discipline. This study aimed at exploring the development of physical body health in Foundation Phase children through play. The study was a qualitative case study design. Twenty Foundation Phase teachers were participated in the study. Data collected through open-ended questionnaires. The study found that though the role of active play is a serious activity and it is central to child health development in Foundation Phase, due to inadequate space, some teachers did not engage children in play activity and kept them in the classroom. There were gaps that emerged from questionnaires that need to be addressed by the Department of Education. The study concluded that in some schools there were no resources or enough space that teachers could use to engage children in active play.