



Chris Story – Partnership Development Manager

01606 786072 / 07428 507974

chris.story@hartfordhigh.co.uk

 @ValeRoyalSSP

www.valeroyalschoolsport.org



SCHOOL GAMES

School Games Mission:

Putting physical and competitive sport at the heart of schools and providing more young people with the opportunity to compete and achieve their personal best.





Physical Activity within Schools

This workshop will support you to increase physical activity throughout the school day to boost health and academic achievement for your students.

We will look at how schools can:

- meet the requirements of the government's childhood obesity plan
- develop your understanding of the evidence and research underpinning active approaches in schools
- learn how to use the free Active School Planner to increase daily activity and reduce sitting time for every child
- explore solutions to boost wellbeing and achievement by building in active minutes of physical activity into the whole school day and influencing active minutes beyond the school day.





Outcomes

By the end of the meeting, you should be able to:

- advocate why high levels of physical activity across the school day lead to healthier and more effective learners
- know how to use the Active School Planner and advocate it's use to reduce sedentary behaviour and embed physical activity in your schools
- reflect on how effective your schools provision is at promoting physical activity throughout the school day



SCHOOL GAMES

The Challenge

Nearly a third of children aged 2 to 15 are overweight or obese

Younger generations are becoming overweight or obese at earlier ages and staying overweight or obese for longer



Sixty Active Minutes for Every Child, Every Day



Providing 30 active minutes in school
Influencing 30 active minutes beyond school

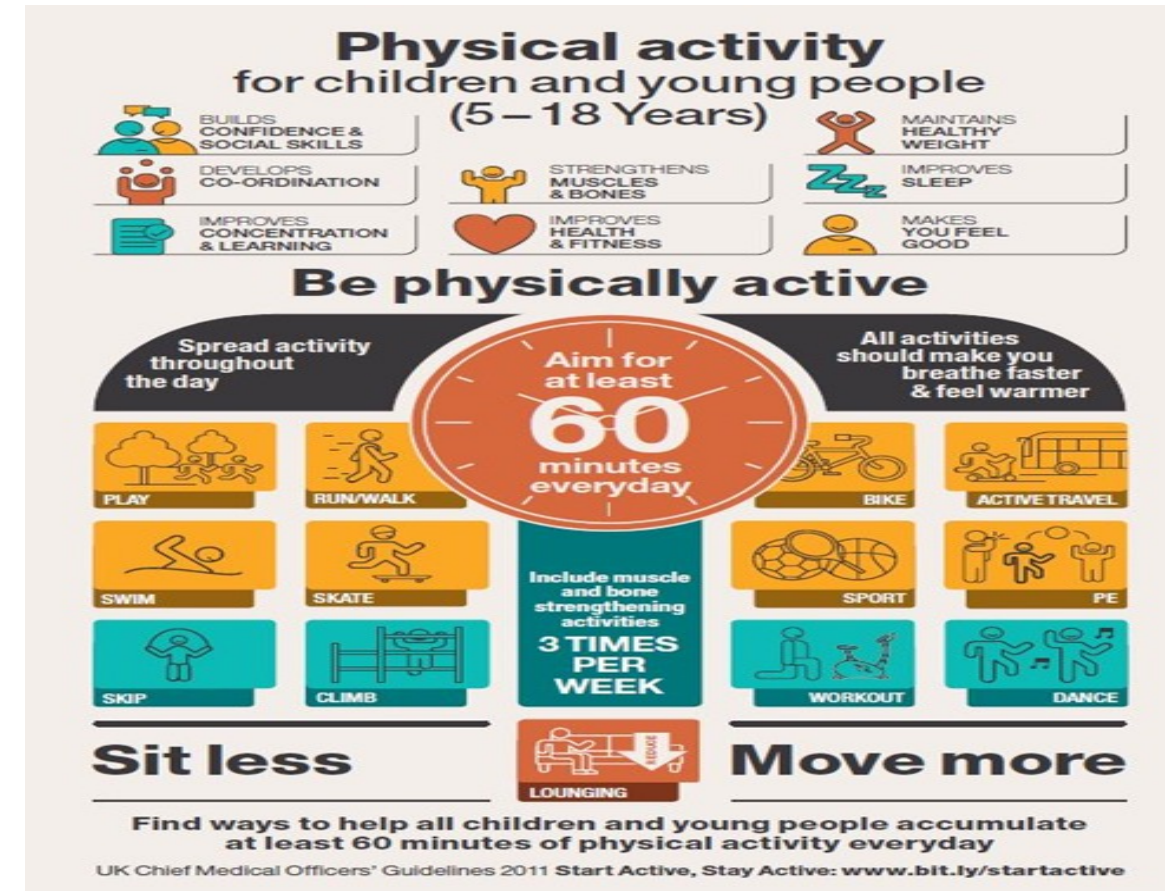


The Role of Schools

Every primary school child should get at least **60 minutes** of moderate to vigorous physical activity a day.

At least **30 minutes** should be delivered in school every day.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/541231/CYP_infographic.pdf



CHILDREN ARE NOT ACTIVE ENOUGH



CHILDREN ARE NOT ACTIVE ENOUGH

as only 19% achieve recommended levels



ACTIVITY LEVELS DECLINE

as children age, especially in girls where by ages 13-15 only 8% are active enough



Disabled people are half as likely as non-disabled people to be active



Sitting time is increasing and risking children's health



21%

16%

Girls are less active than boys, with only 16% achieving activity guidelines



Active play declines with age



Children from low income families are more likely to be inactive

CHILDREN WALKING TO SCHOOL has declined since 1995



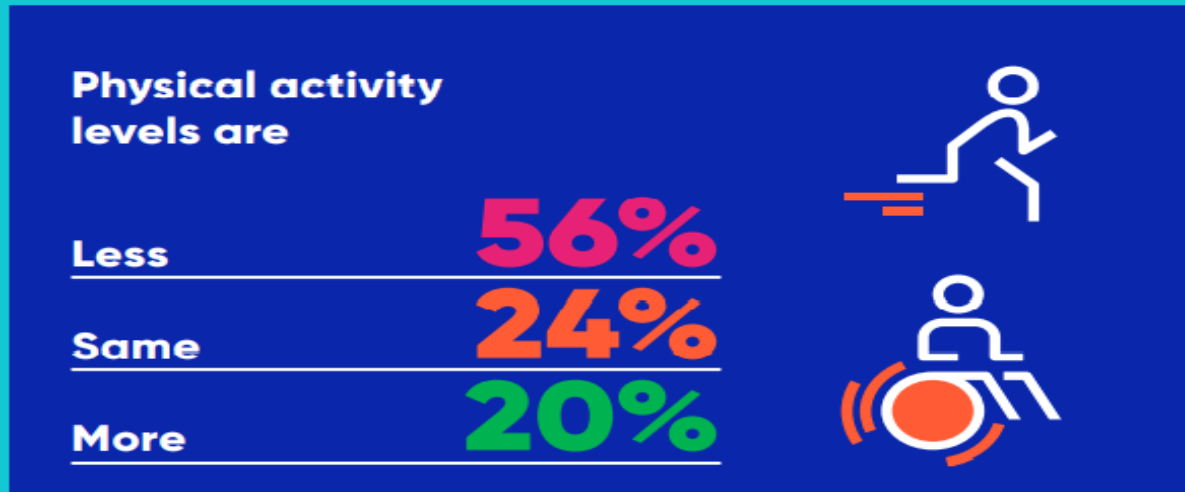
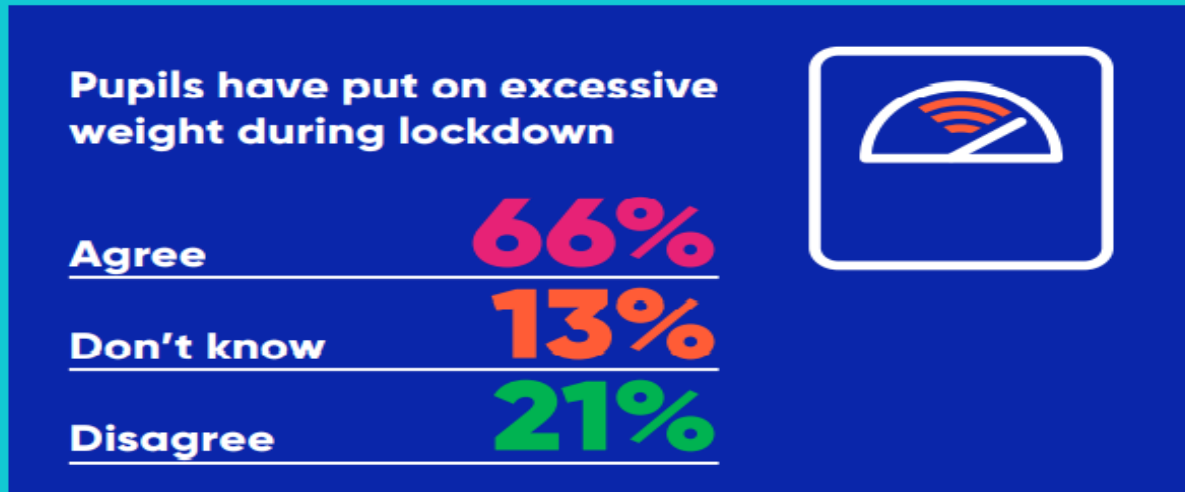
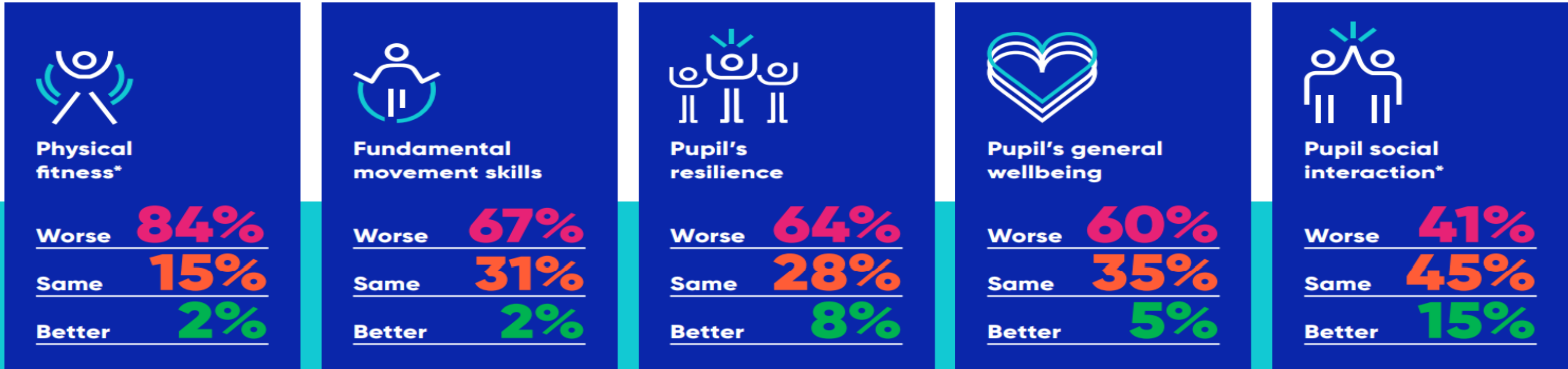
Department for Digital, Culture, Media & Sport



YOUTH SPORT TRUST



Teachers have noticed a range of concerning issues since the pandemic



To ensure all of the criteria were met, **Schools Active Movement** engaged the **Koboca School Consultation System**, which has a unique way of collecting and presenting the data in real time at a local, regional and national level. It can break down the data into specific filter

ACTIVE PUPILS PERFORM BETTER



ACADEMIC RESULTS IMPROVE



HAPPIER, MORE MOTIVATED AND CONFIDENT PUPILS



BRAIN FUNCTION IMPROVES

Brain functioning improves leading to better concentration and learning



SCHOOL ENGAGEMENT IMPROVES

Stronger school engagement with improved attendance and behaviour



PUPIL ENGAGEMENT IMPROVES

Short bursts of activity in classrooms improve pupils engagement for up to one hour after





A 'win:win' scenario



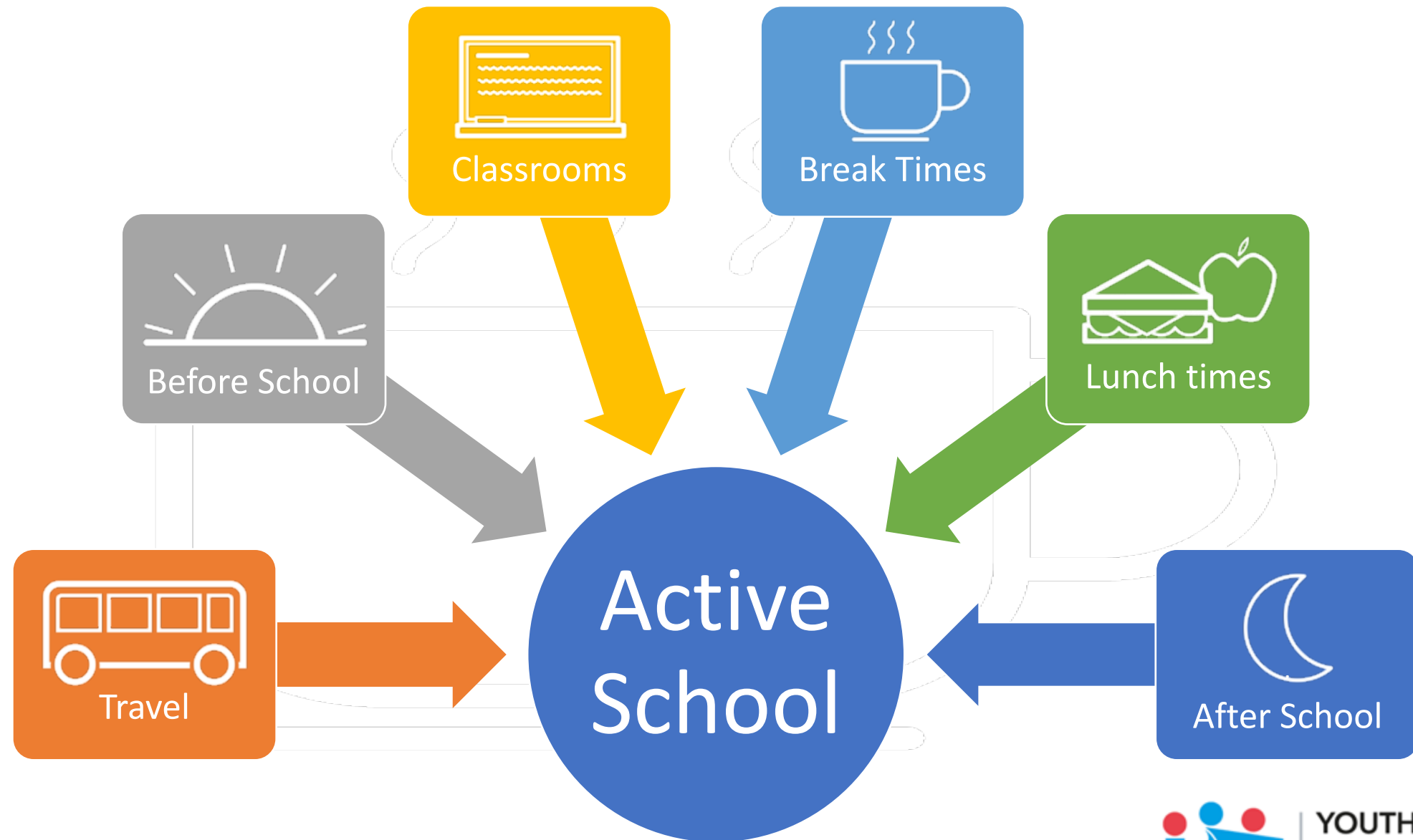
Schools want their pupils to be happier, healthier and more successful learners

BUT...

At the moment, they are largely judged on their pupils' short term success as learners



Activity across the school day



www.activeschoolplanner.org



Inactive
All, or almost all, of the time is spent sitting down

Little activity
Sitting down might be broken up with short bursts of activity. Pupils will spend some working time standing up and moving around the teaching space

Some activity
There will be some deliberate, planned movement and physical activity built into the session

High activity
There will be significant periods of physical activity that are planned and built into the session for all pupils

Open Heatmap

Copy Heatmap

ACTIVITY	TIMINGS	MON	TUE	WED	THU	FRI
Travel	08:00 - 08:15	Some activity	Some activity	Some activity	Some activity	Some activity
Before School	08:15 - 08:35	Little activity	Little activity	Little activity	Little activity	Little activity
Lesson	08:35 - 09:25	Little activity	Some activity	Little activity	Some activity	Some activity
Lesson	09:25 - 10:15	Some activity	Some activity	Some activity	Little activity	Some activity
Break	10:15 - 10:30	Some activity	High activity	Some activity	High activity	Some activity
Lesson	10:30 - 11:20	Some activity	Some activity	Some activity	Some activity	Little activity
Lesson	11:20 - 12:10	High activity	Little activity	Some activity	Some activity	Some activity
Lunchtime	12:10 - 13:10	High activity	High activity	High activity	Some activity	High activity
Lesson	13:10 - 14:00	Little activity	Some activity	Little activity	Some activity	Little activity
Break	14:00 - 14:15	Some activity	Some activity	Some activity	Some activity	Some activity
Lesson	14:15 - 15:05	Some activity	High activity	Some activity	Some activity	Little activity

#YSTActiveSchool



YOUTH
SPORT
TRUST

10 quick wins for an Active School

How do we begin to create an Active School approach? Below we have provided 10 top tips for creating an active culture and getting children moving:

1

Give children breaks

Children learn better for 30-60 minutes following an active break in lessons.

2

Get their heart rates up

Cardio fitness is essential for improved learning so when children stand, move them more.

3

Encourage basic movement skills

Movements such as agility, balance and co-ordination (ABCs) are the building blocks of cognitive and social development.

4

Encourage free play during break time

Children have a natural instinct for play that keeps them active for longer.

5

Make sure everyone is included

Notice which children are not moving and support them to take part.

6

Mix it up

Give children choice and variety, otherwise they will get bored easily.

7

Celebrate great delivery

For children to stay engaged they need adults to be fun, engaging and inspiring.

8

Take a whole school approach

Allow for physical activity to be a natural part of the school day.

9

Challenge misconceptions

There is no evidence that increasing physical activity at school reduces achievement.

10

Lead by example

Take every opportunity to move with your children.

Components of a more active school

- Active travel to and from school
- Active before school
- Active break times
- Active classrooms
- Active lunch times
- Active after school





Walking Bus Training

Balance Bike Loans

Sustrans Big Walk and Wheel

C4L Champions

Every Child Skips

Whole staff training

FA/Disney Shooting Stars training

Ready Set Ride Training

School Games challenges

Golden Mile/ Active Mile

Active Curriculum training

Theme weeks e.g. CMHW

Every Child Skips

Active Travel

Start 'Walk to School Wednesdays'. WOW Travel Tracker

Organise Bikeability training in your school to encourage more children to ride to school safely.

Work with volunteers to start a walking bus/scooter club.

Get involved in National Walk to School Week. Awareness Days

Promote & reward 'Park & Stride'. Park 5 mins further away and walk & talk for the rest of the journey.

Before School

Wake & Shake Club led by pupils. BBC Super Movers & GO Noodle

Introduce activity to your breakfast club. Change4Life

Set up the playground for a termly challenge and encourage parents to help their children or take part themselves.

Start the school day 10 minutes early with physical activity sessions in the classrooms.

Consider introducing the daily mile. Parents could be invited to join in.

Active Lessons

Use simple activity breaks to ensure that pupils don't sit down for too long.

Provide CPD for staff to encourage and support them to make lessons more active.

Check out resources and websites designed to make learning active. MOTD/ClassPal

Introduce walk & talk tasks in lessons - give pupils a 5 minute break with a discussion topic or questions to answer in pairs.

Check out Premier League Primary Stars website for cross curricular ideas.

Break & Lunch Time

Train your lunchtime supervisors or employ a sports coach as a lunchtime supervisor to get pupils active.

Introduce a basic stage area with music for children to practice dance routines.

Introduce My Personal Best challenges

Invest in a trim trail/field equipment to encourage activity. Creative Play

Introduce Playground Leaders/Buddies to encourage activity.

After School

Review your after school club offer and encourage all pupils to opt in to a minimum of one club per week.

Set an Active Homework or finish the day with Active Story Time.

Start a Change 4 Life Club after school to engage your least active children.

Encourage parents & carers to walk home or park their cars further from school to allow a 10 minute walk back to the car..

Work in partnership with local sports clubs and offer use of your facilities in return for them delivering an after school club for pupils.

Golden Mile/ Active Mile

PhysKids training

C4L Champions

Golden Mile/ Active Mile

FA/Disney Shooting Stars training

C4L Champions

5-a-day fitness

FA/Disney Shooting Stars training

Middays training

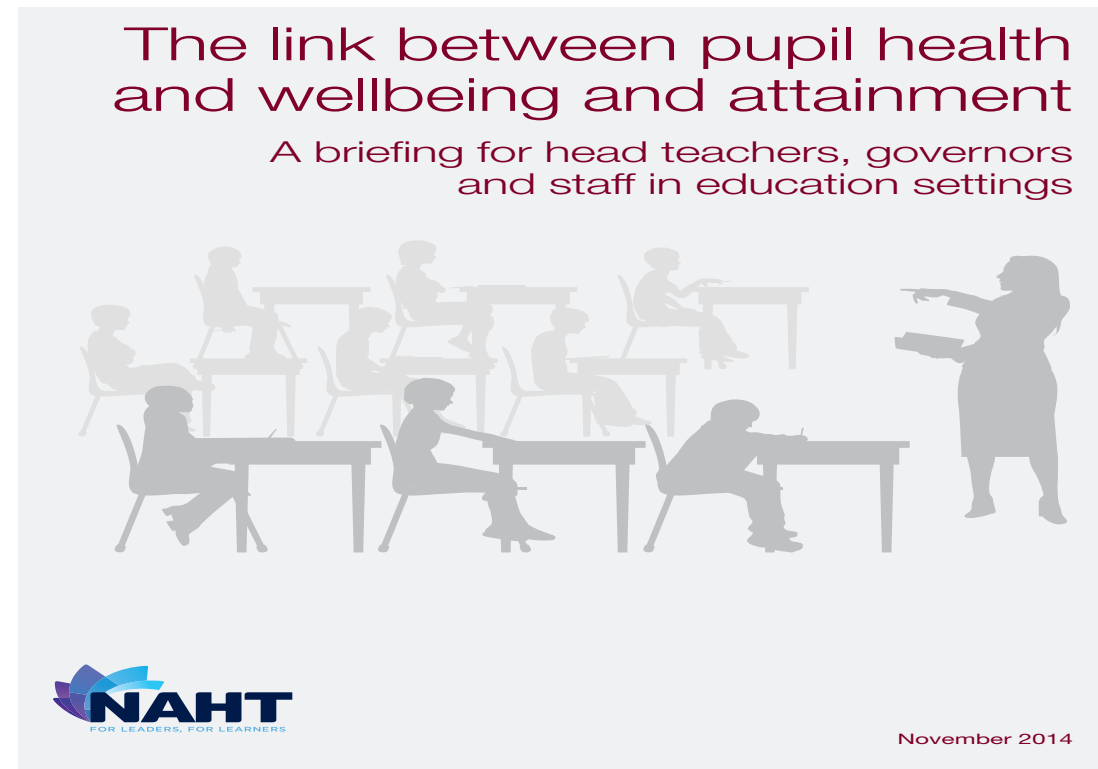
Every Child Skips

Website resources e.g. Actviity Challenges, Family Photo Trails

The Evidence: A Rapid Summary



Protecting and improving the nation's health



www.gov.uk/government/publications/the-link-between-pupil-health-and-wellbeing-and-attainment





What Works in Schools and Colleges to Increase Physical Activity?

A briefing for head teachers, college principals, staff working in education settings, directors of public health and wider partners

October 2015

Prepared by Public Health England, the Youth Sport Trust and the Association of Colleges Sport and supported by the Department of Health; the Department for Transport; the Department for Culture, Media & Sport; and the Department for Education

www.gov.uk/government/publications/what-works-in-schools-to-increase-physical-activity-briefing



www.designedtomove.org



COVID Impacts: Physical Activity Directory

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Youth Sport Trust Recovery Hub

<https://www.youthsporttrust.org/resources/coronavirus-support/active-recovery-hub>

Access over 350 resources to help children and young people to boost their health and wellbeing following Covid-19, by promoting being active before, during and after the school day.



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THANK YOU

AND

GOOD LUCK!

