

# Sixty Active Minutes for Every Child, Every Day



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



# The Challenge

## THE HEALTH CHALLENGES OF CHILDREN TODAY



**4 IN 5 YOUNG PEOPLE**  
are not active enough for  
maintaining good health

**25%**

of 11-15 year olds report  
not getting enough sleep



**10% OF 11-16 YEARS**  
olds have a mental health  
disorder

**92%**

of 15-16 year olds suffer  
exam related stress



**52% OF 11-15 YEARS OLDS**  
report eating 5 portions of  
fruit and veg a day

**33%**

of year 6 pupils are  
overweight or obese

### MENTAL HEALTH

Referrals to specialist mental  
health services increased by  
64% between 2012 - 2015

### BULLYING

1 in 4 15 years olds have  
suffered from bullying

### SELF-HARMING

20% of 15 year olds are  
self-harming

### BODY CONFIDENCE

13% of 11-16 year olds have  
poor body confidence

### DIABETES

29,000 children under the age  
of 14 with diabetes with 4%  
being type 2

#### SOURCES

Health survey for England 2012  
Association for young peoples health

What about YOUth Survey (2014)  
National Child Measurement Programme



**HOW CAN BEING  
ACTIVE HELP?**  
Click to find out more...

Available at [www.activeschoolplanner.org](http://www.activeschoolplanner.org)



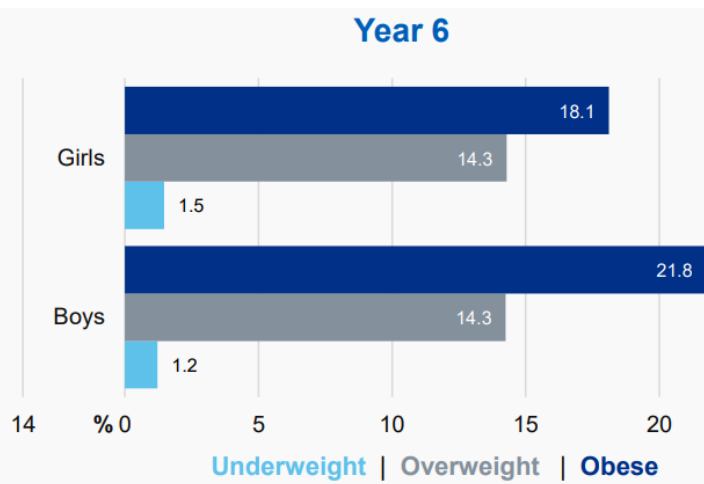
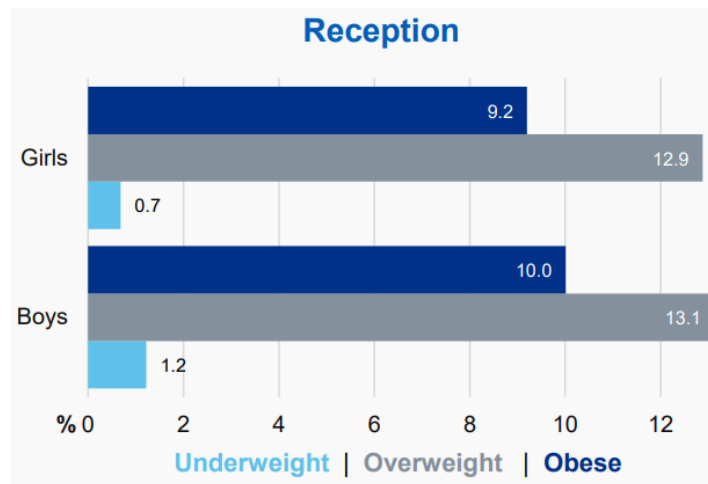
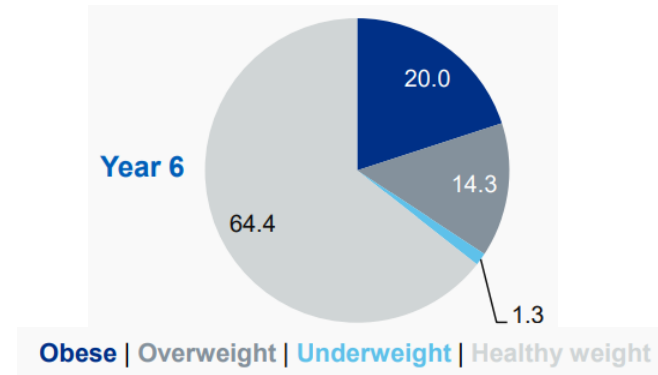
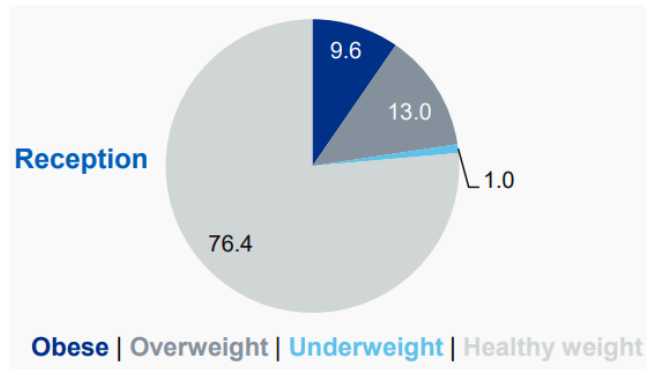
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# The Challenge

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

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

# The Challenge



National Child Measurement Programme, England, 2016/17 school year

# The Challenge

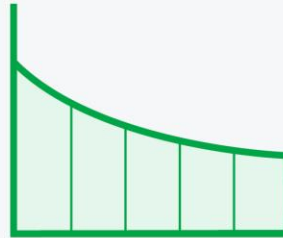
Obesity doubles the risk of  
dying prematurely

# 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 WALKING TO SCHOOL** has declined since 1995



Children from low income families are more likely to be inactive

Available at [www.activeschoolplanner.org](http://www.activeschoolplanner.org)

# Module One: The Context



HM Government

## Childhood Obesity

A Plan for Action

August 2016

[www.gov.uk/government/publications/childhood-obesity-a-plan-for-action](http://www.gov.uk/government/publications/childhood-obesity-a-plan-for-action)



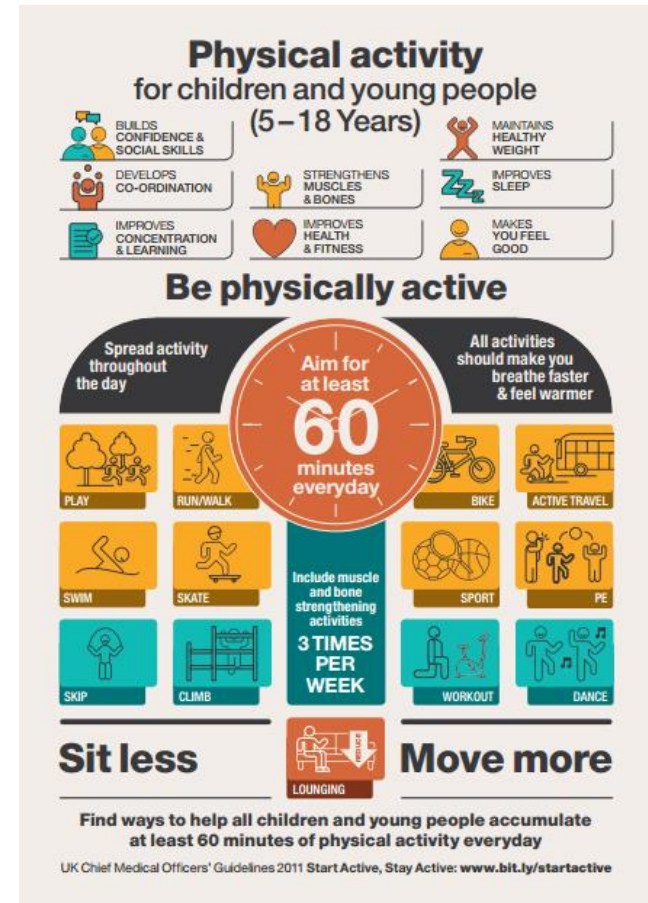
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# The Role of Schools

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



[www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/541231/CYP\\_infographic.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/541231/CYP_infographic.pdf)



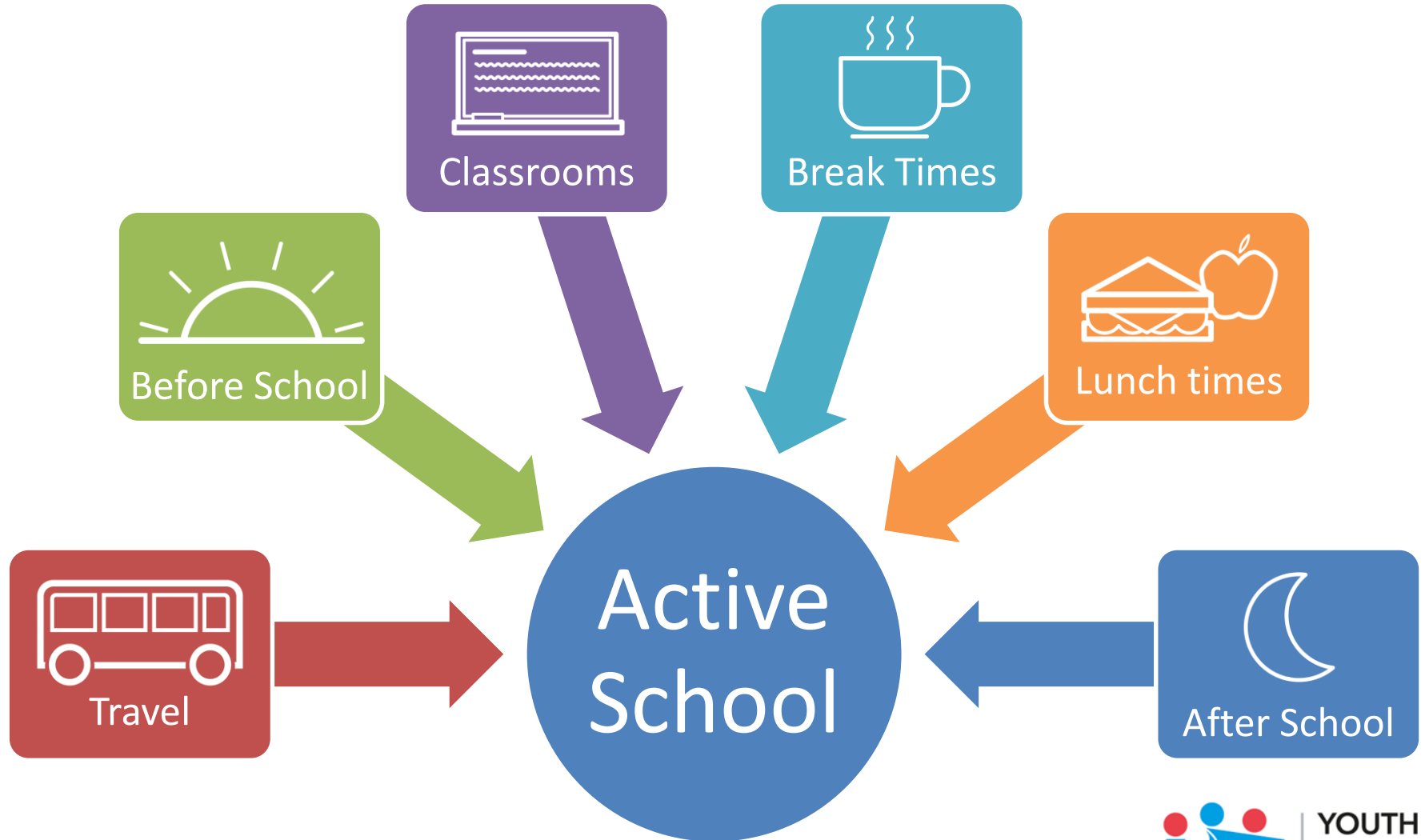
# Task One

What has your school already done to address this challenge?

What else do you need to do?



# Activity across the school day



# Monitoring the Impact

Ofsted assess how school leaders use the Primary PE and Sport Premium and its impact

Ofsted will conduct a thematic review on obesity, healthy eating and physical activity, with examples of good practice and recommendations on what more schools can do



## Task Two

How well prepared is your school to demonstrate the impact on **health outcomes** of primary sport funding?

What else do you need to do?



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# Module Two: Benefits of a more active school

## THE LONG-TERM IMPACT OF ACTIVE SCHOOLS



SOURCES  
Nike Active Schools, 2015



**ACTIVE PUPILS CAN BENEFIT YOUR SCHOOL**  
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<https://www.youtube.com/watch?v=8hxIFno8Fil>





# The Evidence: A Rapid Summary



Protecting and improving the nation's health

## The link between pupil health and wellbeing and attainment

A briefing for head teachers, governors and staff in education settings



November 2014

[www.gov.uk/government/publications/the-link-between-pupil-health-and-wellbeing-and-attainment](http://www.gov.uk/government/publications/the-link-between-pupil-health-and-wellbeing-and-attainment)



# Key Points for Schools



Pupils with better health and wellbeing are likely to achieve better academically

The link between pupil health and wellbeing and attainment  
A briefing for head teachers, governors and staff in education settings

Public Health England, 2014

# Key Points for Schools



Effective social and emotional competencies are associated with greater health and wellbeing, and better achievement

The link between pupil health and wellbeing and attainment  
A briefing for head teachers, governors and staff in education settings  
Public Health England, 2014



# Key Points for Schools



The culture, ethos and environment of a school influences the health and wellbeing of pupils and their readiness to learn

The link between pupil health and wellbeing and attainment

A briefing for head teachers, governors and staff in education settings

Public Health England, 2014



# Key Points for Schools



**A positive association exists between academic attainment and physical activity levels of pupils**

The link between pupil health and wellbeing and attainment  
A briefing for head teachers, governors and staff in education settings

Public Health England, 2014



## 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](http://www.gov.uk/government/publications/what-works-in-schools-to-increase-physical-activity-briefing)



[www.designedtomove.org](http://www.designedtomove.org)





# Task Three

Your headteacher wants you to make a ten minute presentation at the next staff meeting on the benefits of becoming a more active school, as some staff have expressed concerns that more activity in lessons might lead to slower progress in English and Mathematics

# Task Three

Outline the key points of your presentation

What are you going to say to them?

What materials would you like to refer to? (Publications, websites, videos etc)



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# Module Three: Building a more active school

**ACTIVE SCHOOL PLANNER**



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A banner image showing a group of children in a schoolyard. One child in the center is holding a yellow ball high above their head. They are wearing colorful blindfolds (yellow, blue, red). The background is slightly blurred, showing other people and a green field.

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Pupils with better health and wellbeing are likely to achieve better academically

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[www.activeschoolplanner.org](http://www.activeschoolplanner.org)



# 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 |                    |                    |                    |                    |                    |
| Before School | 08:15 - 08:35 | Playground play    | Playground play    | Playground play    | Playground play    | Playground play    |
| Lesson        | 08:35 - 09:25 | Active maths       | maths              | Active maths       | maths              | maths              |
| Lesson        | 09:25 - 10:15 | literacy           | literacy           | literacy           | literacy           | literacy           |
| Break         | 10:15 - 10:30 | Play               | Play Leaders       | Play               | Play Leaders       | Play               |
| Lesson        | 10:30 - 11:20 | Spelling / Arit... | Spelling / Arit... | Spelling / Arit... | Spelling / Arit... | Spelling / Arit... |
| Lesson        | 11:20 - 12:10 | PE                 | RE                 | Handwriting        | French             | Music              |
| Lunchtime     | 12:10 - 13:10 | Play Leaders       | Play Leaders       | Play Leaders       | Play               | Play Leaders       |
| Lesson        | 13:10 - 14:00 | Science            | PSHE               | Science            | Topic              | Topic              |
| Break         | 14:00 - 14:15 | Play               | Play               | Play               | Play               | Play               |
| Lesson        | 14:15 - 15:05 | ICT                | PE                 | Topic              | French             | Golden time        |

## #YSTActiveSchool



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# Action Planning

## Travel to and from School



Your school appears to be making some progress towards more active travel to school. You could try the following ideas to support your further development:

### Suggestions:

- Develop a Walking Bus. It is a line of children, walking in pairs to school along a set route with an adult 'driver' at the front and 'conductor' at the back. There's nothing new about parents walking each other's children to school, but the walking bus creates a more formal system which allows volunteers to walk larger numbers of children to school
- Support Road Safety Week: Thousands of schools, nurseries, colleges, community groups and organisations work together during the UK's biggest road safety event, raising awareness about road safety and helping save lives. Road Safety Week is the ideal time to run road safety lessons and assemblies or launch a campaign for safer local streets
- Consider opportunities and challenges to motivate the school community to travel more actively, whether it be a Small Step, Big Stride or Giant Leap in how pupils make the school journey.
- You may already provide [Bikeability](#) training in school, but consider providing Scooter proficiency training for pupils too, particularly at Key Stage 1
- Run 'Bling your Bike' days to encourage pupils to bring their bikes (and scooters) to school. You could even link with your Community Policing to see if they can support
- Could you introduce a year-round walk to school challenge with a simple 'travel tracker' to record journeys to school in the class on a day to day basis
- Celebrate active travel achievements and inter-class challenges in school assemblies

Set Action

## Activities Before School



At the moment, some pupils are benefiting from your before school activities programme. Here are some suggestions to increase the impact of that offer.

### Suggestions:

- Have you tried running a breakfast club that combines good nutrition with fun physical activity? There are a number of national organisations that might be able to help with funding and ideas, or you may have a local provider who can help you!
- Why not try a 10 Minute Shake Up from Change4Life with Disney before school to get your pupils moving? Take a look at the [School Zone](#) for a range of fun games.

Set Action

[www.activeschoolplanner.org](http://www.activeschoolplanner.org)



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## 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.



Lincs SE 30:30 Idea Bank

# Next Steps

Make a plan to talk to your headteacher about this agenda

What are the key issues for your school?

What additional support do you need?

What support can you get from your SGO?

Thank you and  
good luck

