

Problems:

- ? Our children are sitting and inactive FAR too much.
- ? 21% of boys and 16% of girls not getting the MINIMUM physical activity.
- ? At school children spend most of their day sat down (260 - 295 mins/day).

Consequences:

- ✗ Obesity (19.4% of Lincolnshire Year 6 pupils are obese)
- ✗ Mental health problems.
- ✗ Diabetes.
- ✗ Heart disease.
- ✗ Reduced academic achievement.
- ✗ One in six UK deaths now attributed to insufficient physical activity.

#LincsSchoolsStandUp:

- ✓ Friday 23rd June 2017.
- ✓ Secondary Schools plan and deliver active lessons throughout the day.
- ✓ Primary Schools deliver at least one active lesson for each class
(an 'active lesson' is one where pupils are on their feet for at least half the lesson).
- ✓ Incorporate active breaks to break up sustained sitting.
- ✓ Try a standing assembly or standing meetings staff meetings?
- ✓ Promote active travel to school.

How to get involved?

- Email agilitassports@gmail.com to let us know your school is taking part.
- Check out the presentations and resources at www.agilitassports.com/lincsschoolsstandup
- Send us your great lesson plans and ideas to share on this web page.
- On the day - tweet what you are doing using #LincsSchoolStandUp.
- After the day - teachers will be asked to pledge to deliver 3 active classroom lessons per week in 2017-18.
- Next year our shared resources will grow helping us achieve 30 minutes a day for all.