

Active Schools



Jim Morris

jim.morris@youthsporttrust.org



Objective

Help you to explore solutions to reduce sedentary behaviour and embed increased physical activity into the culture and structure of the school day to impact on whole school improvement

THE HEALTH CHALLENGES OF CHILDREN TODAY



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

92%

of 15-16 year olds suffer exam related stress

25%

of 11-15 year olds report not getting enough sleep



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



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

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

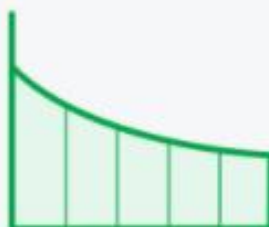
29,000 children under the age of 14 with diabetes with 4% being type 2

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

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



Why Active Schools?

10%

OF 2-5 YEARS
ACHIEVE CMO
GUIDELINES

8%

OF 15 YEAR OLD
GIRLS ACHIEVE
60 ACTIVE
MINS

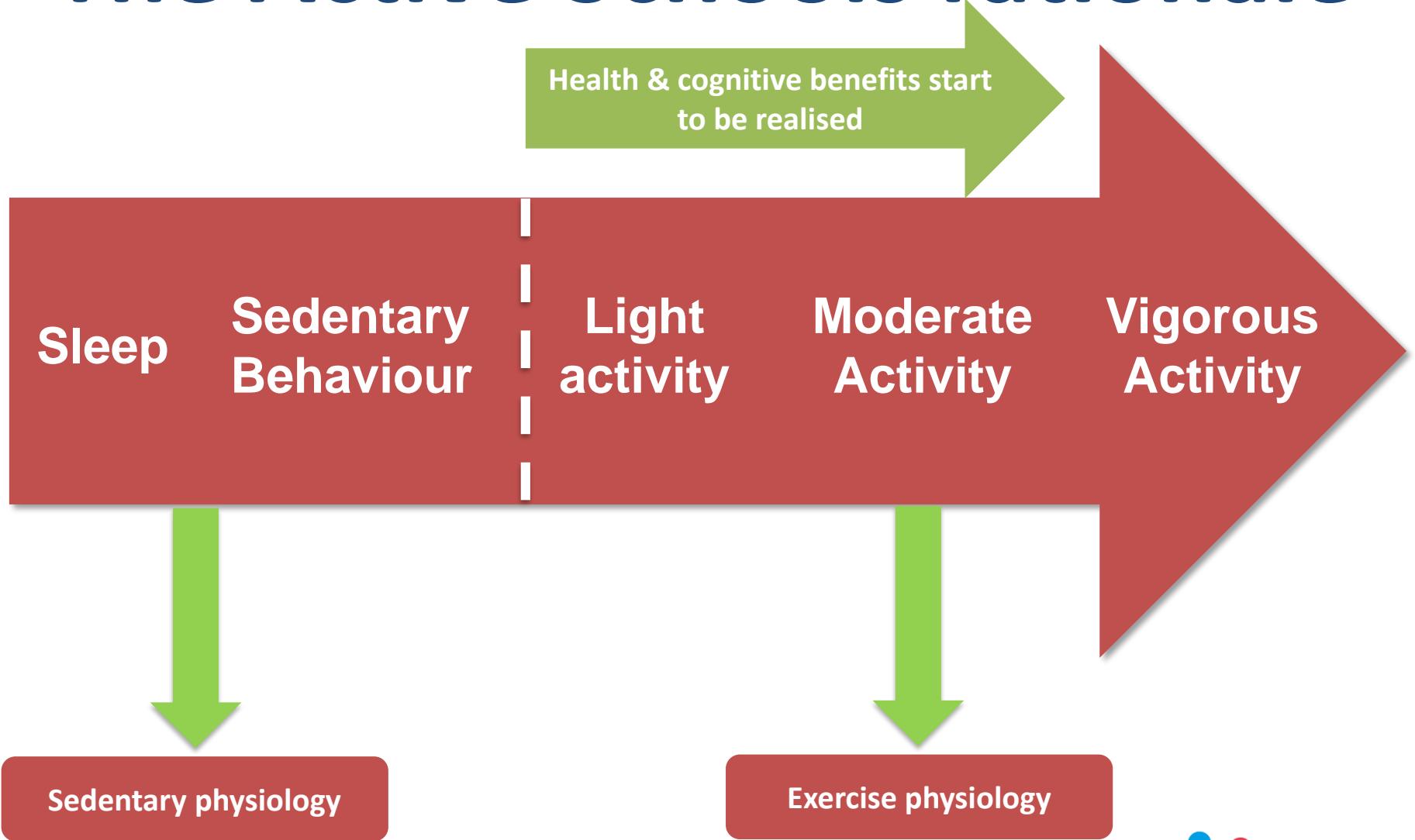
14%

OF 15 YEAR OLD
BOYS ACHIEVE
60 ACTIVE
MINS



YOUTH
SPORT
TRUST

The Active Schools rationale





You are the converted



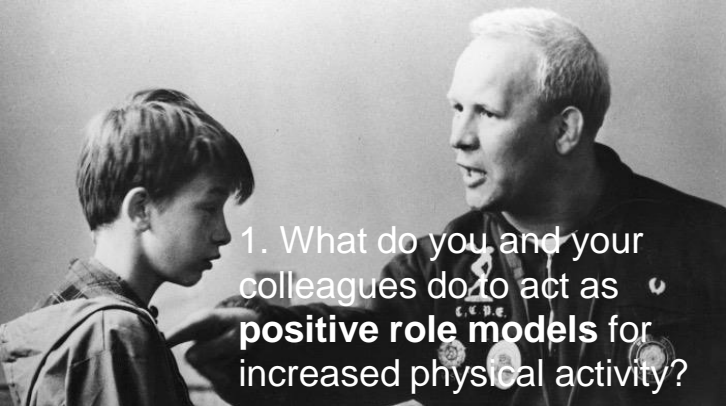
YOUTH
SPORT
TRUST





How active is your school?





1. What do you and your colleagues do to act as **positive role models** for increased physical activity?



2. How does your competitive sport offer contribute to increased physical activity for all young people?



3. What focused work do you do to ensure that the **least active pupils** are involved in physical activity before, during & after school?



4. What steps do you take to involve **home and wider school community** in physical activities?



5. **Active playgrounds & break** - what steps have you taken to increase structured & unstructured activity at break times?



6. What steps do you take to promote more **active travel** to and from school?



What do you and your colleagues do to act as positive role models for increased physical activity?

How does your competitive sport offer contribute to increased physical activity for all young people?

What focused work do you do to ensure that the **least active pupils** are involved in physical activity before, during & after school?

What steps do you take to involve
**home and wider school
community** in physical activities?

Active playgrounds & break - what steps have you taken to increase structured & unstructured activity at break times?

What steps do you take to promote more **active travel** to and from school?

Movement with meaning



The 'Break to Learn' continuum

Breaks

Opportunities to energise, calm down or improve core strength & posture

Routines

Regular ways of working that reduce sedentary behaviour

People

Ways of organising people & groups that reduce sedentary behaviour

Tasks

Opportunities to use tasks that increase physical activity & enhance learning

The 'Break to Learn' continuum

In pairs – using the Break to Learn continuum

What strategies can you/do you use that promotes PA/RST

10 minutes

Prepare to Feedback to the group

The 'Break to Learn' continuum

Breaks

Opportunities to energise, calm down or improve core strength & posture

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Regular ways of working that reduce sedentary behaviour

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Ways of organising people & groups that reduce sedentary behaviour

Tasks

Opportunities to use tasks that increase physical activity & enhance learning

**PHYSICAL
EDUCATION
Curriculum
Min 2 hrs HQ**

‘Learning’

Outcomes:

PRIMARY

-Physical Literacy

SECONDARY

-Social & Emotional
Literacy

(Personal
Development, Welfare,
Character Education)

**PHYSICAL ACTIVITY
Whole school
30 active mins a day**

‘Activity’

Active Travel

Active Classrooms

Active Pedagogy

Active Playgrounds

Outcomes:

- Physical wellbeing
(Cognitive development,
Cognitive functioning,
Attention & Behaviour)

**SCHOOL SPORT
Co-curricular
Daily programme**

**‘Application’
(Coaching &
Competition)**

**Breakfast Clubs
Lunch time clubs
After school clubs
Holiday clubs
Satellite Clubs**

Outcomes:

-British Values
-Citizenship
- Ethics & Morals

PHYSICAL AND EMOTIONAL WELL BEING

ACTIVE SCHOOL PLANNER



At least 30 minutes of physical activity should be delivered in school every day for every pupil

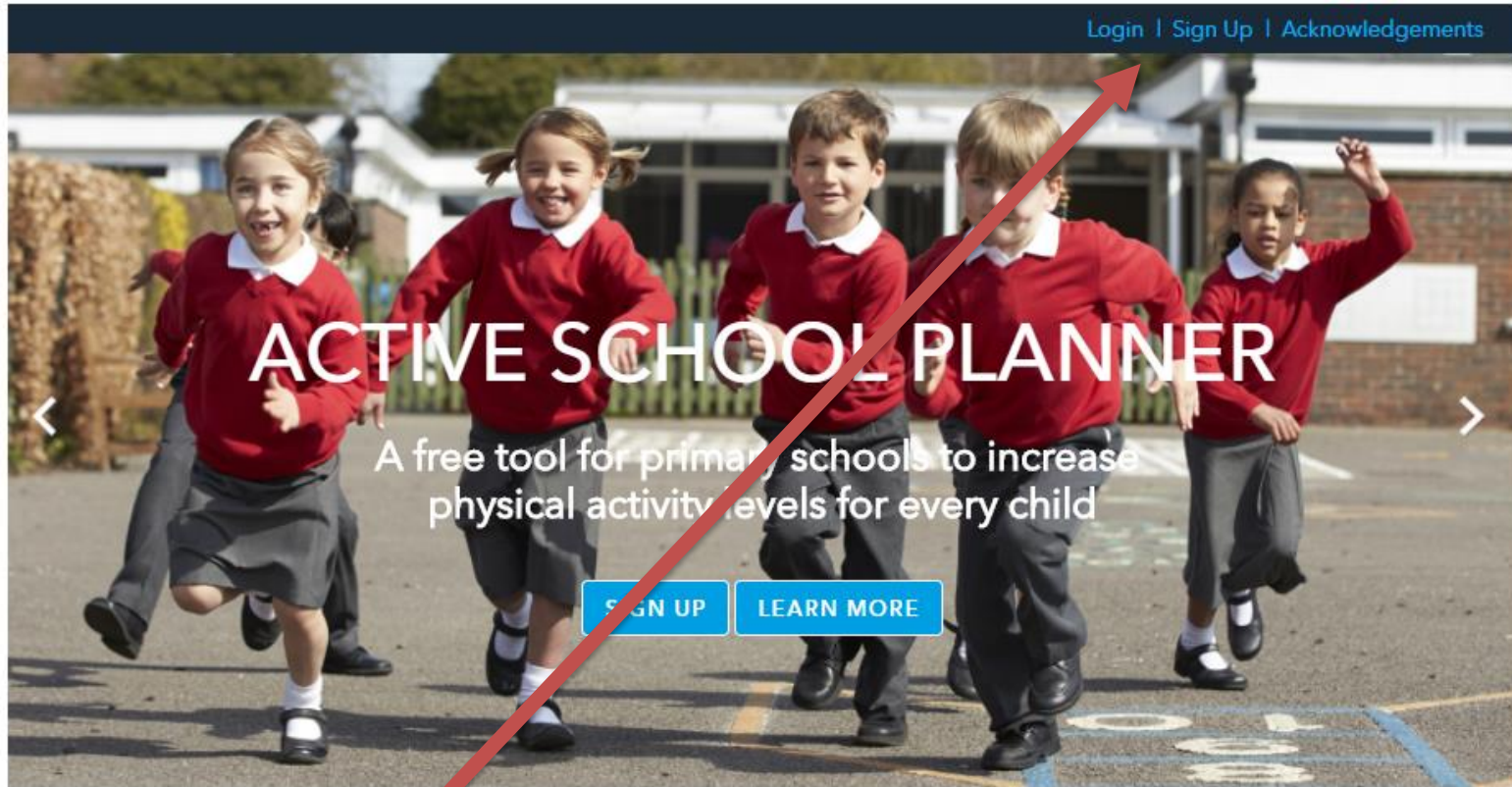
ACTIVE SCHOOL PLANNER

www.activeschoolplanner.org

An interactive platform developed to support schools in meeting the Government's 60 active minutes daily agenda.

School Games Mark requirement

Activity heat map, action planning, resources and advocacy tools



Login and
sign up

What changes will I make?

- What will I do differently in one lesson this week?
- What strategy will I share with a supportive colleague that we can both try this term?
- What do I want to see embedded across my school/year group/key stage by the end of this academic year?

Developing your Active School

- ✓ Take your time!
- ✓ Align actions with School Development Plan
- ✓ Evidence, evidence, evidence!
- ✓ Involve SLT & your team
- ✓ Focus on the children that need it the most
- ✓ Embed your actions before moving on