

Active 60

Lisa Sparkes - Garlinge Primary
Stephanie Selsby - SGO Thanet



What will the session cover?

- What Active 60 is
- Kent Statistics
- Barriers
- Q & A – Lisa Sparkes
- Strategies & Action planning
- Top Tips



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What is Active 60?

The PESS Premium key indicator 1:

The engagement of all pupils in regular physical activity – kick-starting healthy active lifestyles

School Games Outcome 1:

Maintaining and growing your school's engagement in the School Games and your delivery of 60 active minutes for every child



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2022

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

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Physical activity
for children and young people
(5–18 Years)

BUILDS CONFIDENCE & SOCIAL SKILLS	Maintains healthy weight
DEVELOPS CO-ORDINATION	STRENGTHENS MUSCLES & BONES
IMPROVES CONCENTRATION & LEARNING	IMPROVES HEALTH & FITNESS
Zzz	Improves sleep
MAKES YOU FEEL GOOD	

Be physically active

Spread activity throughout the day

Aim for at least **60 minutes everyday**

All activities should make you breathe faster & feel warmer

Play, Run/Walk, Bike, Active Travel, Swim, Skate, Sport, PE, Skip, Climb, Workout, Dance, Lounging.

Include muscle and bone strengthening activities **3 TIMES PER WEEK**

Sit less

Move more

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive



KENT Active Lives Children and Young People 2020/21 Report

- Only 41.7% of CYP are meeting the CMO guidelines
- 34% of Kent's CYP are physically **inactive**
- Those least active are in less well-off families
- Boys doing less now, especially Black communities
- Less enjoyment overall, and less confident



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Set your vision
Understand the obstacles
Create a plan
Celebrate achievements
Evidence the impact
Share, share, share
Show everyone your success!

SUCCESS



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English Lead – Following Gala Footprints video

“Following on from the Celebration assembly this morning, where the children saw the footprints of our newest staff member for the first time, and knowing what the PE team have planned over the coming weeks, it would be lovely to hear or see classes across the school use this as an opportunity to promote cross curricular learning with their English. Circle time discussions or simply having a whole class discussion/debate about the footprints to foster the children's interest will promote their speaking and listening skills, as well as their imagination. It would be lovely to see some writing focusing on the footprints and where these may have come from. I am sure the children will enjoy what the PE team have in store for them over the coming weeks - so seizing this opportunity to be creative is fantastic, ready for the big reveal of who it is at the end of the term.”

Maths Lead- Active Maths

Mel is the Maths lead and lead of Active Maths at Garlinge. Her own negative experiences of PE and Maths left her with the aim that no other child should ever have to experience things the way she did. She says Active Maths is so easy to prepare and run, either in class, whole year group or whole school. A child in her class is also not too keen on PE but loves Active Maths as she doesn't class it the same but equally it gets her moving.

If anyone would like to come and see Active Maths in action, then you are more than welcome.



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STRATEGIES & ACTION PLANNING

LONG TERM

- Consider the long term plan – what do you want to achieve in your school?
- Do you have a vision?
- Do you have support? Or who do you need to support you? (governors, SLT, class teachers, parents)
- Have you considered the barriers?

SHORT TERM

- Have a clear focus
- Is it worthwhile – what will you be able to do as a result?
- How will you share what you are doing?

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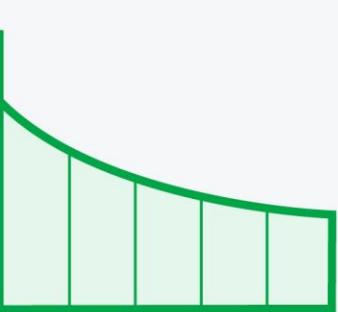
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CHILDREN ARE NOT ACTIVE ENOUGH



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



THE LONG-TERM IMPACT OF ACTIVE SCHOOLS



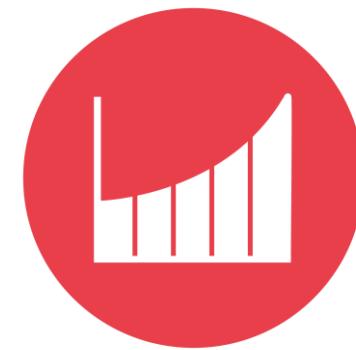
SOURCES

Nike Active Schools, 2015



**ACTIVE PUPILS CAN
BENEFIT YOUR SCHOOL**
[Click to find out more...](#)

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



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



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



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



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Source: Public Health England

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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.

What do OFSTED SAY?

“Schools that offer children a broad, balanced education, including plenty of opportunities to get active during the school day and through extracurricular activities, will be rewarded under the new inspection regime.”

Amanda Spielman, HM Chief Inspector of Education



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