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The Active 30:30 Approach

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West of England Primary PE
Conference

Outcomes

- Why Active 30:30
- The Active 30:30 rationale
- What's in the resource?
- Getting the best out of Active 30:30

PE and School Sport Premium: 5 Key Indicators

Key indicator 1: The engagement of all pupils in regular physical activity – Chief Medical Officer guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school

Key indicator 2: The profile of PE and sport being raised across the school as a tool for whole school improvement

Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport

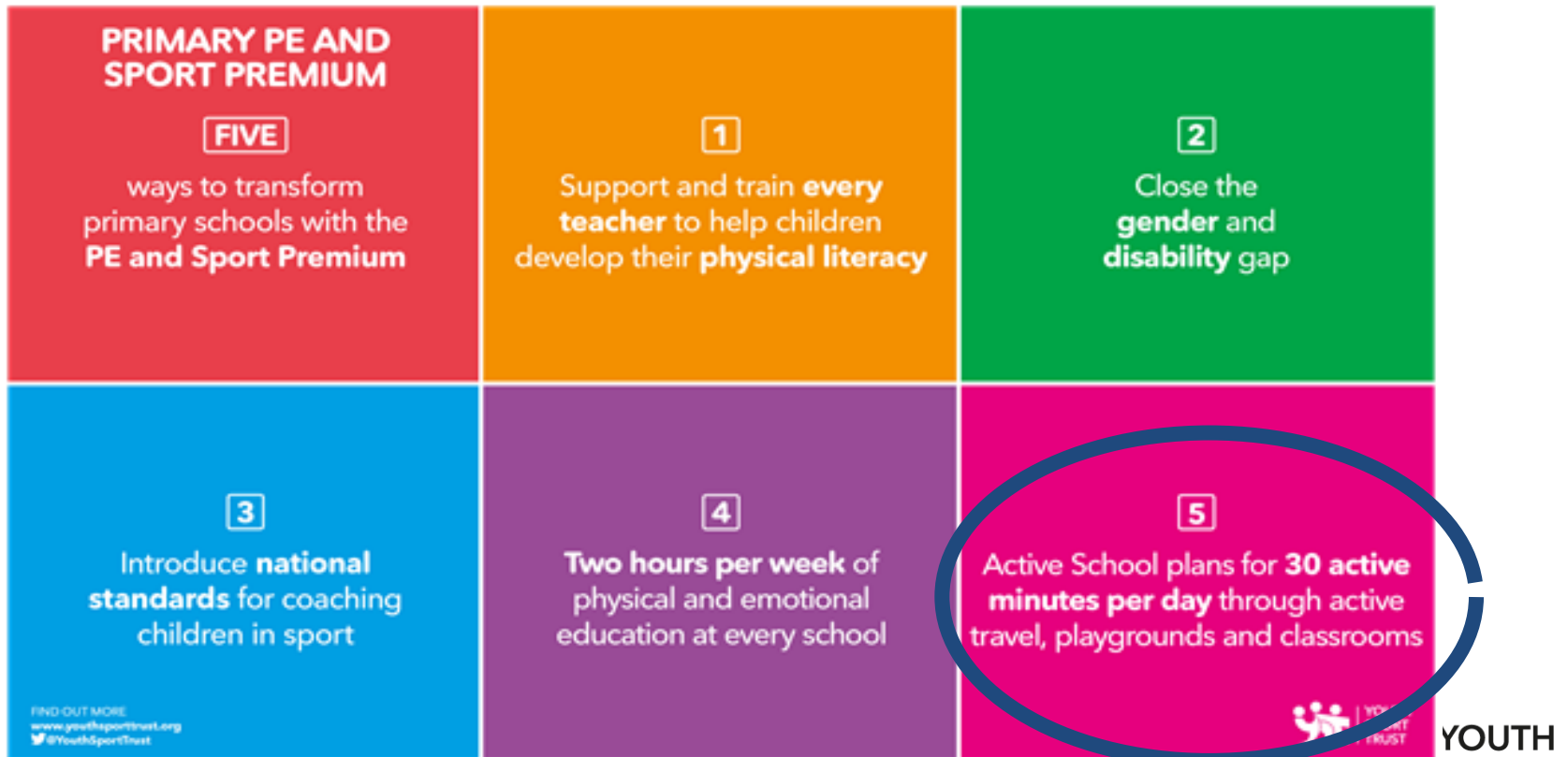
Key indicator 4: Broader experience of a range of sports and activities offered to all pupils

Key indicator 5: Increased participation in competitive sport



Primary Sport Premium

The doubled investment and supporting guidance with increased rigour around accountability has been announced. **HERE IS OUR VISION** for the five outcomes we should expect to see from it



“Fidget Busters” 1,2,3,4,5 ..

1	2	3	4	5	7	4	3	2	1
5	8	4	7	8	1	5	4	6	3
6	2	5	1	3	7	5	8	6	7
3	5	4	2	4	6	1	8	2	7

Active 30:30

'10 steps to an active school culture'



***ACTIVE CHILDREN ACHIEVE UP
TO 33% BETTER THAN THEIR
INACTIVE PEERS!***



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Why Active 30:30?

10%

OF 2-5 YEARS
ACHIEVE CMO
GUIDELINES

8%

OF 15 YEAR OLD
GIRLS ACHIEVE
60 ACTIVE
MINS

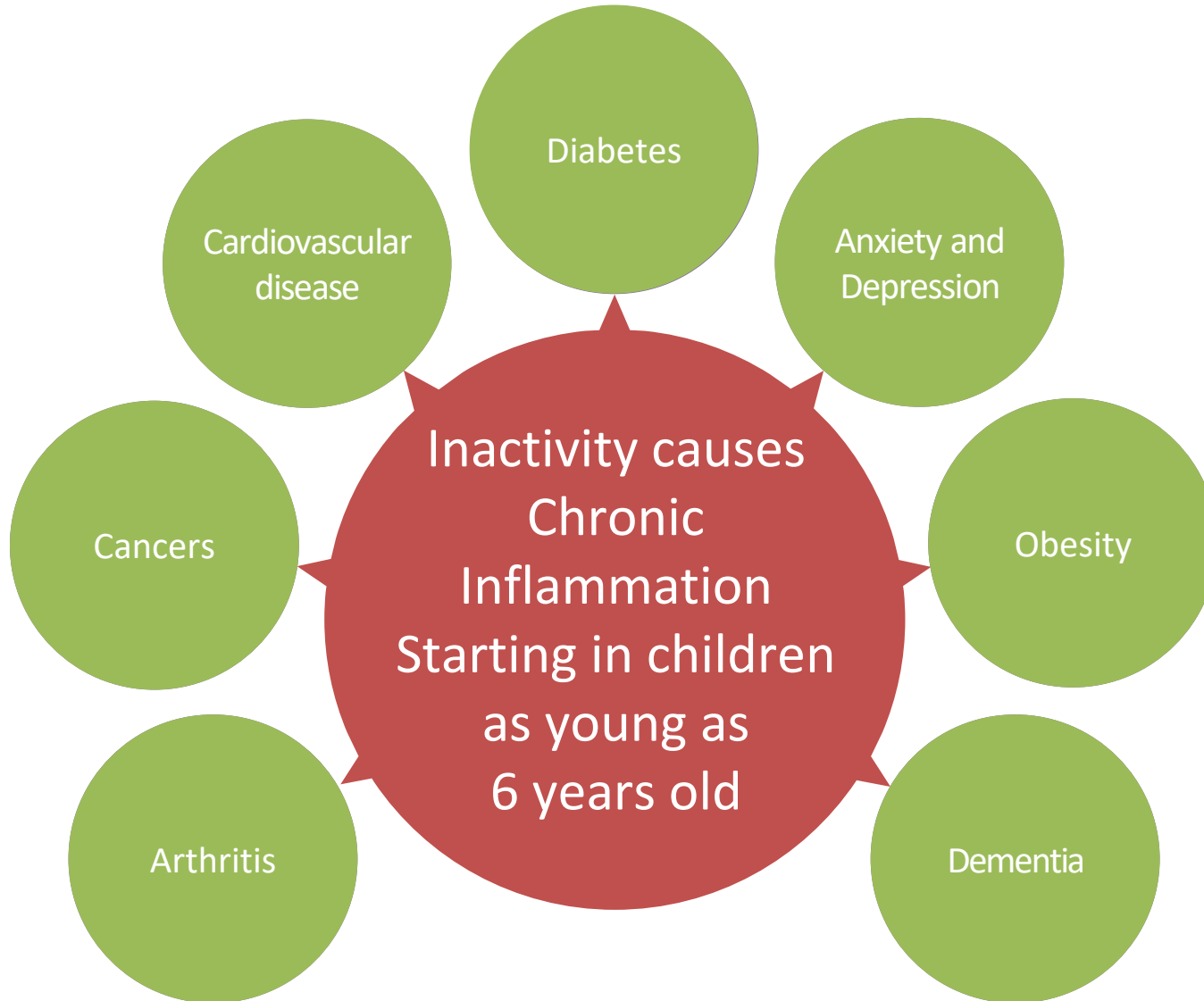
14%

OF 15 YEAR OLD
BOYS ACHIEVE
60 ACTIVE
MINS



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Why Active 30:30?



Why Active 30:30?

Increased progress, achievement and attainment and skills for life

Increased daily physical activity and access to high quality PE and Sport

Improved physical, social and emotional health and wellbeing



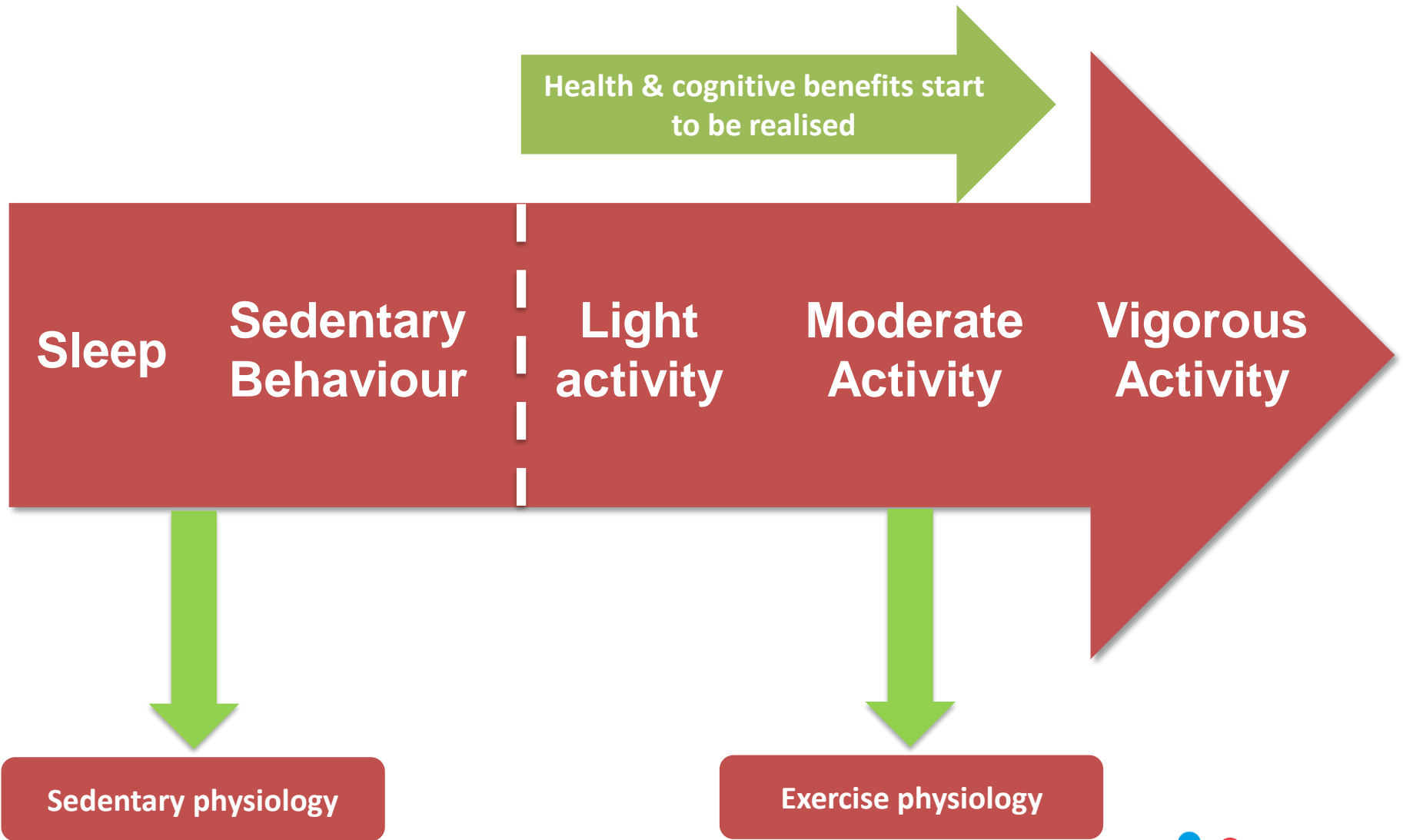
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Task 1: Relay Race

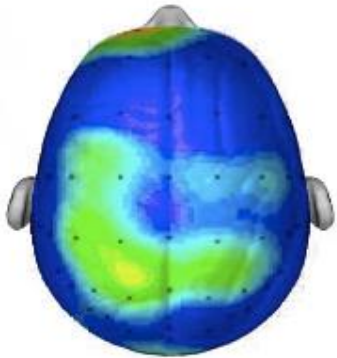


The Active 30:30 rationale

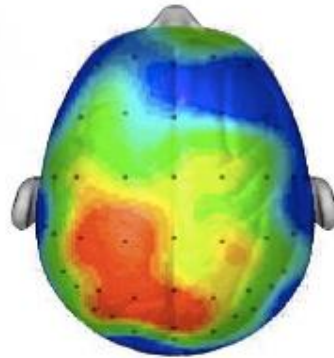


The Active 30:30 rationale

Composite of 20 student brains taking the same test



After sitting quietly



After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

	Timings	Monday	Tuesday	Wednesday	Thursday	Friday
Travel	07:30 - 08:15	Inactive				
Playground	08:15 - 08:50	Moderate to vigorous activity 20 mins +				
Registration	08:50 - 09:00	Registration	Registration	Registration	Registration	Registration
Lesson 1	09:00 - 09:50	Guided Reading	Guided Reading	Guided Reading	PE	French
Lesson 2	09:50 - 10:40	ICT	Art	Music	PE	PSHE
Break	10:40 - 11:00	Inactive				
Lesson 3	11:00 - 11:45	Active Literacy	Active Numeracy	Numeracy	Active Numeracy	Numeracy
Lesson 4	11:45 - 12:30	PE	D&T	Forest School	History	Free Play
Lunchtime	12:30 - 13:15	Moderate to vigorous activity 20 mins +				
Lesson 5	13:15 - 14:30	Science	Active Literacy	Literacy	Literacy	Literacy
Break	14:30 - 14:40	Inactive				
Lesson 6	14:40 - 15:20	Active Science	Dance	Golden Time	Art	Awards Assembly
After School	15:30 - 16:30	Moderate to vigorous activity 20 mins +				

Key

- Moderate to vigorous activity 20 mins +
- Moderate activity 10 mins +
- Light activity 10 mins +
- Inactive

What is Active 30:30?

ACTIVE 30:30 is the Youth Sport Trust's approach to getting children moving more and sitting less at school and at home.

It is based on the *research and insight into what works to increase physical activity* throughout the school day and influencing children's activity habits beyond school life.

What's in the resource?



Inside you will find the following steps:

1. **READ** - this introductory guide
2. **REVIEW** - the Active 30:30 framework
3. **PLAN** - for change
4. **TRIAL** - the example activities
5. **GIVE** - children ownership
6. **ADAPT** - the curriculum
7. **INFLUENCE** - the home
8. **REWARD** - children's progress
9. **SHARE** - the impact
10. **CELEBRATE** - success



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Task 2: What's in the resource?



Includes:

- Practitioner guidance resource
- Action plan template
- Activity review wall chart
- Sample resource cards
- Engagement cube
- Timetable adaptation template
- Reward certificates
- Tips and guidance on how to share success and engage families

Resource pack
£99

10 minutes: Each pair read two sections each and then share with the rest of the group

Getting the best out of Active 30:30

- 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.

Task 3: Where can this make impact



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

Who



Why



What



HOW

Resource Pack



£99

www.youthsporttrust.org/active3030

ACTIVE30:30-YST17

ACTIVE SCHOOL PLANNER

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.

Any Questions?



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