



What characteristics does a young person need in order to be 'Ready to Learn?'



YOUTH
SPORT
TRUST



Implementing the Childhood Obesity Plan to develop healthy, active children

Russell Cartwright
Development Manager - Health

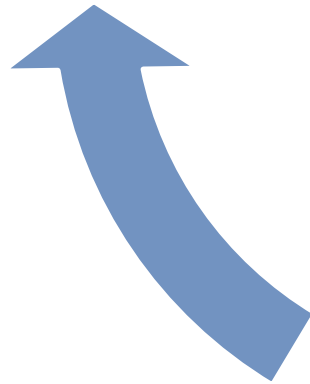
Our Objective

Help you to explore ways to reduce sedentary behaviour and embed increased physical activity into the culture and structure of the school day

**Improved
behaviour and
cognition leading
to increased
progress and
achievement**



**Increased
participation in
daily physical
activity and
reduced sitting
time**



**Improved
physical, social
and emotional
wellbeing**



**YOUTH
SPORT
TRUST**



Module One

The Evidence and Bigger Picture



Exploring the relationship between physical activity and readiness to learn?



YOUTH
SPORT
TRUST



ACTIVE CHILDREN
=
STRONG STUDENTS

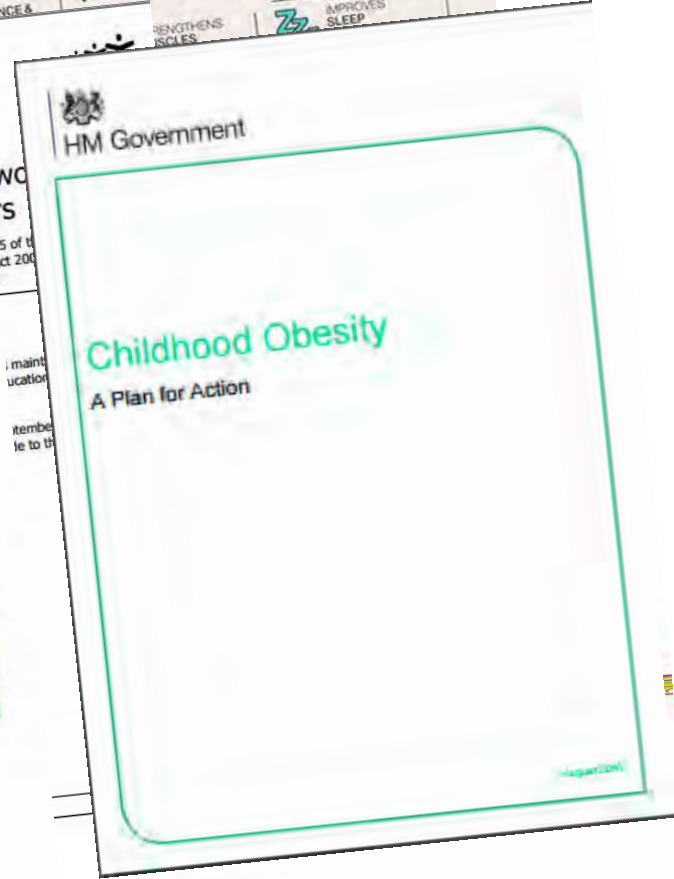
www.youtube.com/watch?v=8hxlFno8Fil



YOUTH
SPORT
TRUST



The social and political context



Childhood Obesity Plan



August 2016

Module Two

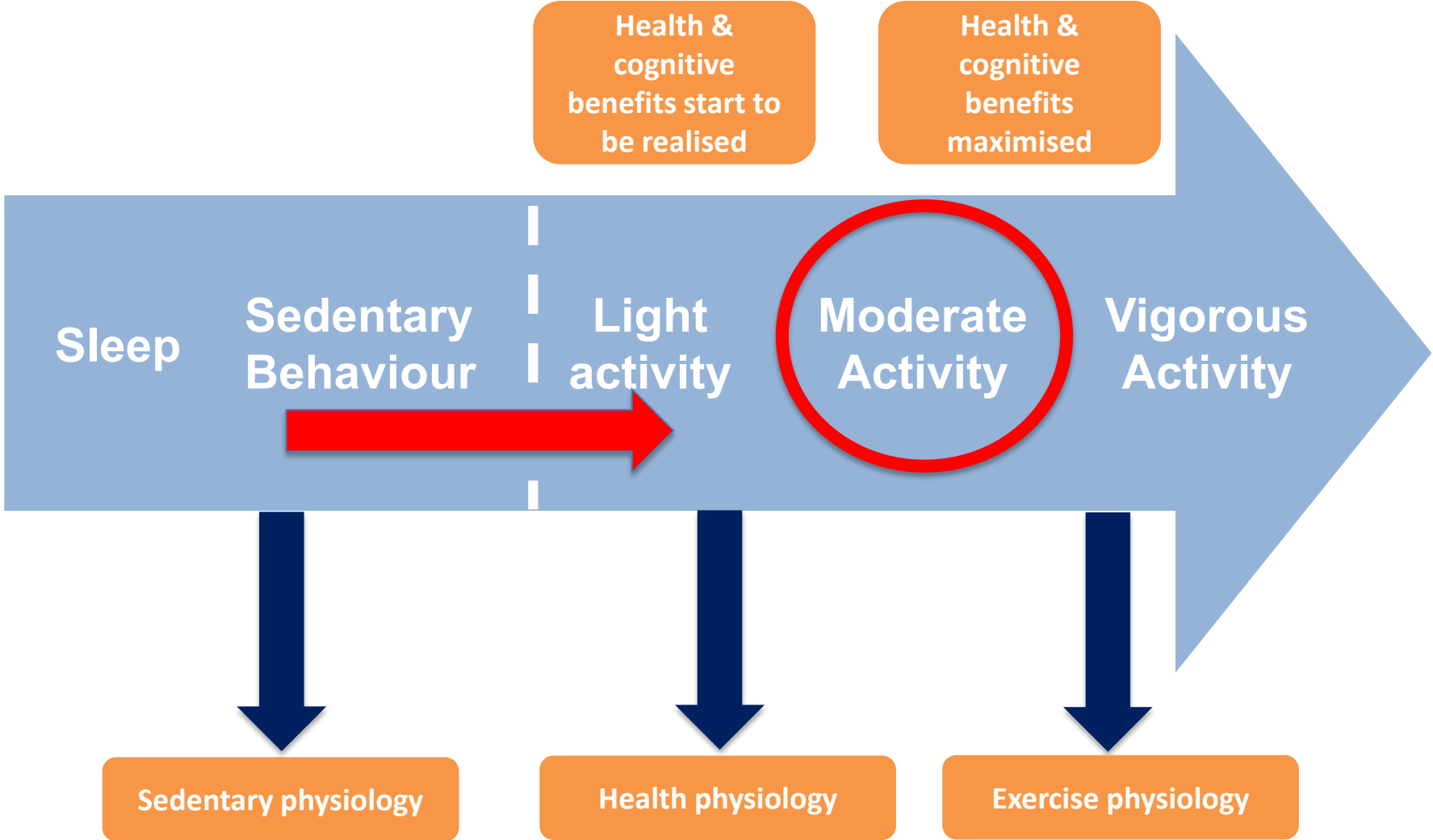
Creating an Active School – A Framework for Review



How active is your school?



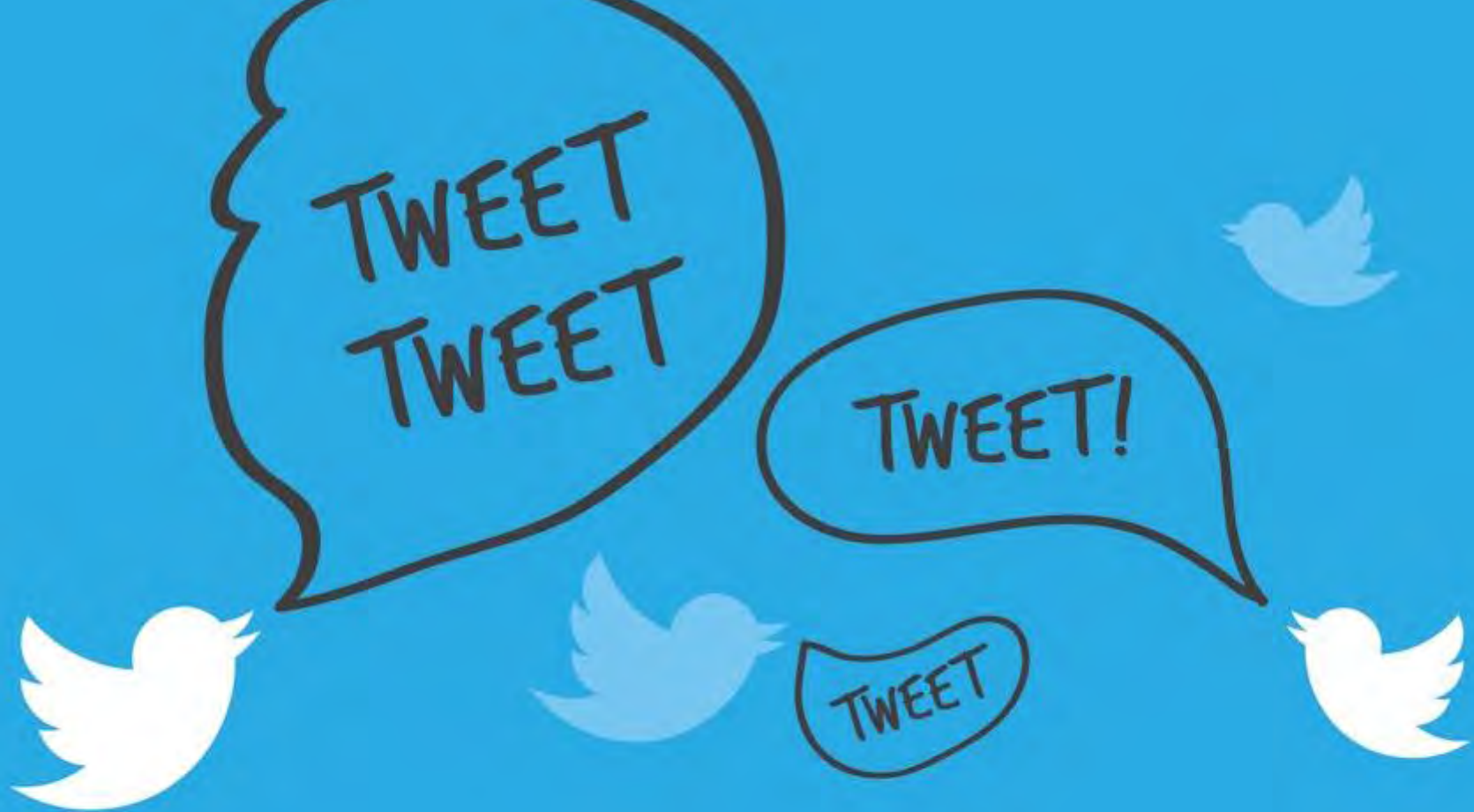
A shift of focus.....



What works...



www.gov.uk/government/uploads/system/uploads/attachment_data/file/469703/What_works_in_schools_and_colleges_to_increase_physical_activity.pdf



#YSTActiveSchool



Action planning

Rate your current provision for each of the six elements.

What are your three priorities for the rest of this academic year?



Module Three

Active Learning – Solutions

School environments provide a unique opportunity to ensure physical activity is available to a maximum number of children over lengthy periods of time

Bailey, R., Hillman, C., Arent, S. & Peitpas, A. (2013). "Physical Activity: An Underestimated Investment in Human Capital?" Journal of Physical Activity and Health, 10, 289-308

Teachers.... have the opportunity to integrate this into the overall education process

Telford, R.D., Cunningham, R.B., Fitzgerald, R., Olive, L.S., Prosser, L., Jiang, X., & Telford, R.M. (2012). Physical education, obesity and academic achievement: A 2 year longitudinal investigation of Australian elementary school children. Journal Information. 102(2)



So, why doesn't this happen everywhere already?

From YST research, we have found key reasons why schools may be reluctant to promote more physical activity in lessons



Time ...



YOUTH
SPORT
TRUST



Time ...



YOUTH
SPORT
TRUST



Space and equipment ...



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

Embodiment

Moving a concept or idea from the abstract to the physical

Active School Planning Tool

	Timings	Mon	Tues	Wed	Thurs	Fri
Travel	07.30 - 8.15					
Playground	08.15 - 08.50					
Registration	08.50 - 9.00	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					
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 - 1.15					
Lesson 4	1.15 - 2.30	Science	Active Literacy	Literacy	Literacy	Literacy
Break	2.30 - 2.40					
Lesson 5	2.40 - 3.20	Active Science	Dance	Golden Time	Art	Awards Assembly
After School	3.30 - 4.30					



YOUTH
SPORT
TRUST



CLASS PAL
Physically Active Learning™

Support for Schools



GoNoOde [Shop](#) [Blog](#) [Log in](#)

PRESS PLAY ON MOVEMENT AND MINDFULNESS
Hundreds of videos that activate kids' bodies and brains.

[Sign up for FREE](#)

Active pedagogy

maths
of the day

Active Maths



Active curriculum



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?

Questions?

Thank you

Russell Cartwright

russell.cartwright@youthsporttrust.org