

Active 30/30



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Workshop Aims

The daily 30 active minutes challenge and what schools can do to achieve 30 minutes.

Research, evidence and policies which identify key components which support an increase in physical activity.

Look at overcoming the barriers faced, case studies of primary schools developments
Look at the range of programmes available to support the 30 active minutes

Look at key partners who can support you

Review available Packages and programmes

The Research – less than 30% of children doing 30 active minutes.

A third of Children are over weight or obese by the time they leave primary school.

Data from the active lives survey indicates that only 17.5% of children are doing 60 minutes every day.

Only 30% of children achieve the 30 active minutes target daily.

The importance of physical activity in promoting children and young people's mental wellbeing is equally clear;

One in eight 5-to-19 year olds has at least one mental disorder. Physical and mental health are inextricably linked; numerous studies confirm a positive association between physical activity and increased self-esteem, emotional wellbeing.

Source – School Sport and activity action plan July 2019

What works in schools and colleges to increase physical activity?

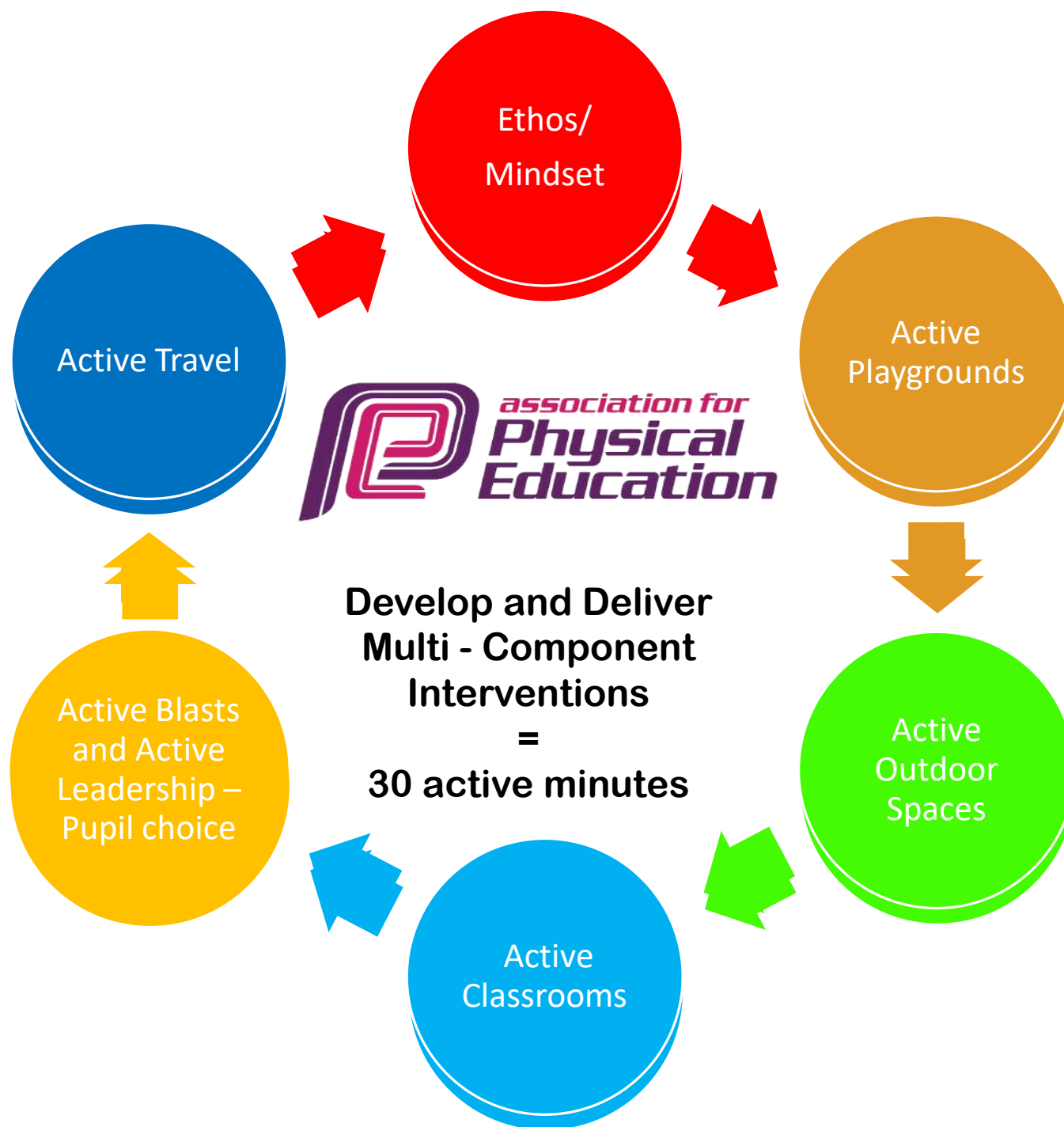
PHE October 2015

(Reviewed and Updated July 2019)

Growing evidence there is a link between physical activity and pupil attainment.

8 key principles identified:

1. Develop and deliver Multi-component interventions
2. Skilled work force
3. Engagement of pupil voice
4. Create active environments
5. Offer choice and variety
6. Embed in the curriculum
7. Promote active travel
8. Personal goal setting, daily challenges



Barriers and Solutions

- Capacity in schools can be low limited TA support and help
 - Find ways that teachers can integrate it as part of their day
 - Simple but effective minimal set up and planning – can enhance a lesson E.g. through quality SOW, Imoves (active classrooms)
- Time within the school day – changing timetables, finding gaps making the active 30 mins part of the school day.
- Achieving it every day is a real challenge – start with one or 2 days and get the programme embedded and work towards 5 days.
- Facilities
 - Use the classroom/outside space more effectively e.g. room arrangement, access to equipment

What is the Active 30 mins ?



What can count towards the
30 active minutes

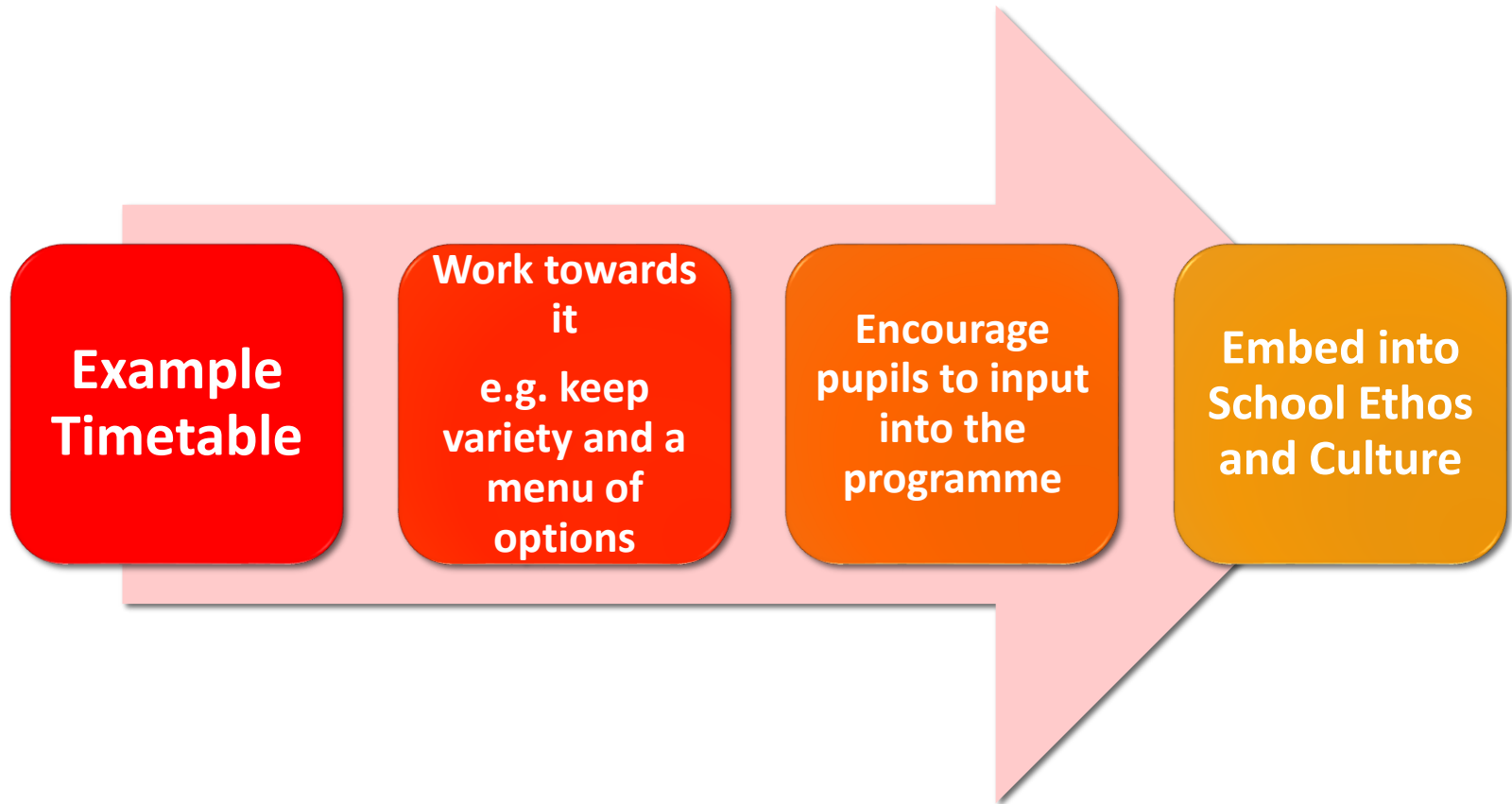


How can we break this down
e.g. 3 x 10 2 x 15 etc...



Latest guidance on PE and
School spend

Active 30 Timetable



Example Timetable

Active 30/30 Timetable

Day/Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 15 mins am	Mile A Day Monday Children complete x3.5 laps challenge around field	Thinking Tuesday Active Maths (use of the Racoon Circle)	Wheelie Wednesday Children bring scooters, bikes to school No balls day, wheels only	Tune It In Thursday Wake and Shake	Fun Time Friday Children Choose activities based on a menu of options A
Week 1 15 mins pm	Mile A Day Monday Children complete x3.5 laps challenge around field	Thinking Tuesday Times Tables – Stick tap counting. Multiplication runs/trees	Wheelie Wednesday Children bring scooters, bikes to school No balls day, wheels only	Tune It In Thursday Sugar Smart Blast	Fun Time Friday Children Choose activities based on a menu of options A
Week 2 15 mins am	Mile A Day Monday Children complete x3.5 laps challenge around field	Thinking Tuesday Imoves - Literacy	Wheelie Wednesday Bike Challenge	Tune It In Thursday Jo Wicks – Body Coach/imoves daily challenge	Fun Time Friday Children Choose activities based on a menu of options B
Week 2 15 mins pm	Mile A Day Monday Children complete x3.5 laps challenge around field	Thinking Tuesday Imoves – Daily Challenge	Wheelie Wednesday Bike Challenge	Tune It In Thursday Go Noodle	Fun Time Friday Children Choose activities based on a menu of options B

ARENA

Connecting School
Sport Pathways



Active Playgrounds

☐ How active is your playground ?

☐ Is it inspiring ?

☐ Which children are not active ?

☐ Have you asked the children what they think about their playground ?

☐ What would they like to improve ?

Playground Markings 'Using the Heartline'

Blisland School

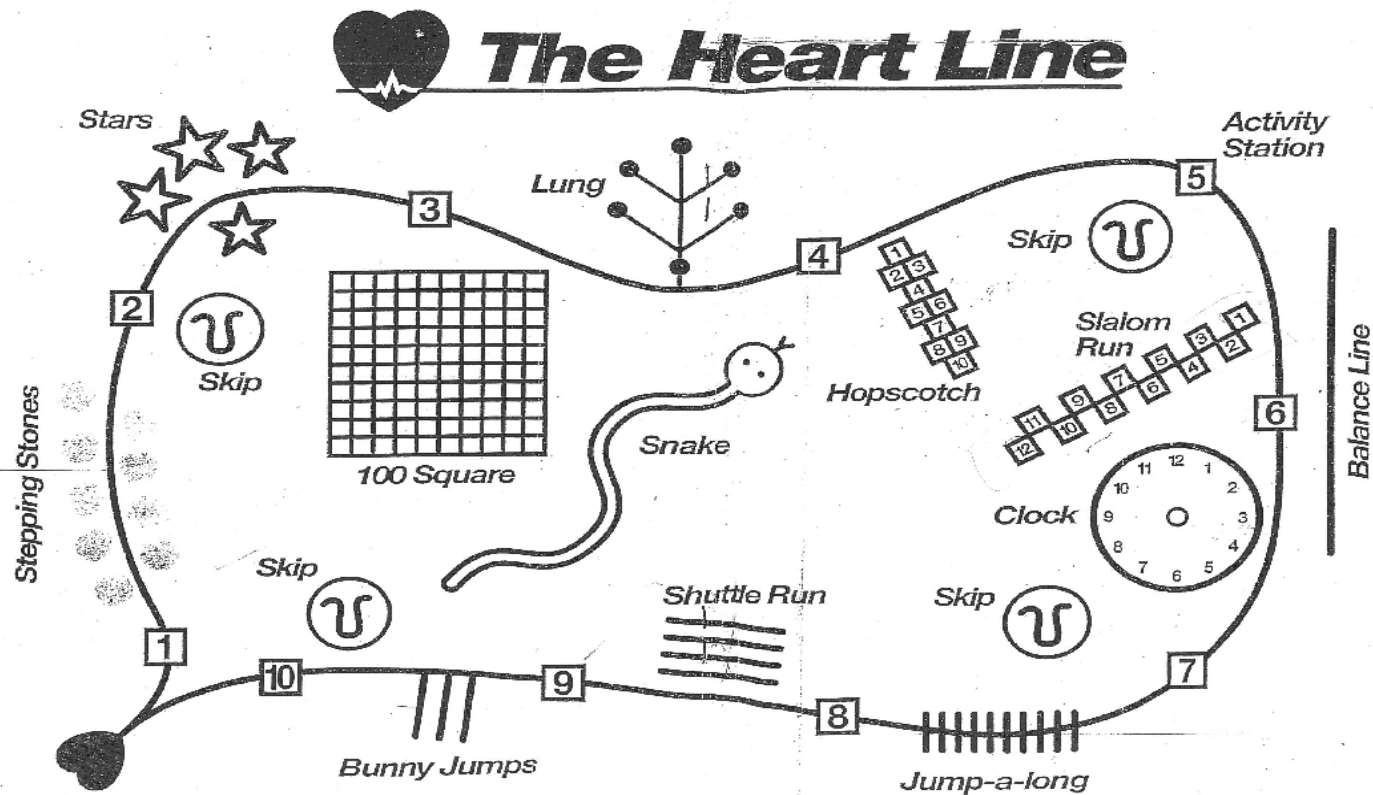


Adapted from the British Heart Foundation - Heartline

St Petrocs - adapting the Heartline: Impact on other curriculum areas

The Heart Line Playground Exercise Track

HTA
PWA



PE Premium Spend Guidance

Active miles

“Where schools choose to take part in an active mile, you should use your existing playgrounds, fields, halls and sports facilities to incorporate an active mile into the school day and develop a lifelong habit of daily physical activity.”

What your funding should not be used for:

Fund capital expenditure

(Guidance released by the DFE – October 2018)

Additional reports produced in July 2019

What works in schools and colleges to increase physical activity ? July 2019

School Sport and Activity Action Plan July 2019 does give an early indication some funding will remain beyond 2020.

Healthy Schools Rating scheme July 2019

Active Spaces - The Daily Mile

Use your existing space to mark out a track

Develop a multi purpose track it can be used for a range of activities, bikes, scooters, walking, outdoor learning.

Link to other curriculum subject areas maths trail, literacy trail

Set personal challenges for individuals and include team events

Investigate what other outdoor spaces you have which could developed into active spaces

Visit other school sites to gain ideas and save time - collaborate

Using the existing site to develop a track – Altarnun Primary



Developing a Multi Purpose Track

Delabole and Tintagel Primary School 2018
St Catherines School – July 2019 (Cornwall Schools)



Extending and developing a playground space

Menheniot Primary School - Cornwall



The PE Premium – Can support equipment and training for a track

- Staff training in effective use of the track
- Balance bikes, Learn to ride bikes, scooters
- Pedometers to measure the impact
- Competitions and challenges on the track
- Daily personal challenges
- Equipment for playground leaders

Active Classrooms – KS1 imoves



Peter Pipe cleaner

- Bends
- Twists



Reggie Rubber band

- Stretch and stretch and stretch!



Sally Sponge

- Squished
- Squashed



Active Travel

A child wearing a yellow helmet and a blue jacket is riding a balance bike on a paved surface. The background is a blurred outdoor setting with trees and a fence.

How do children
travel to your
school ?

Can they
bring
wheels ?



How safe
is it ?

Do you
have a
walking
bus ?

The Big Pedal – Get Involved !!

The Big Pedal

Big Pedal is the UK's largest inter-school cycling, walking and scooting challenge. It inspires hundreds of thousands of pupils, staff and parents to choose human power for their journey to school.

Save the date for 2020

The Big Pedal will take place **Wednesday 22 April - Tuesday 5 May 2020.**

The challenge runs for two weeks and is open to individual classes as well as whole schools. On each day of the challenge, schools compete to see who can record the greatest number of pupils, staff and parents cycling, walking or scooting to school.

A school's best five days will determine their final position, but they can log journeys on all ten days if they wish.

Mountain Bikers ready?

Active leadership

- Playground leadership
 - Upskilling your pupils to support the 30 minute daily challenge with whole school improvements , can your playground leaders contribute to whole school improvement in curriculum areas ?
 - eg Wild Tribe Maths leaders – example – Have a go Use the racoon/ do the maths challenge.
- Give it a boost
 - Include Sugar Smart activities and develop Sugar Smart Ambassadors
- Part of an Active timetable
 - Input from the children to provide choice and responsibility
- Leading activities for younger children
 - Include a daily blast, daily mile challenge, playground games

Wild tribe Maths Leadership in action - Practical

Leaders delivering activities through games in the outdoors - Wild tribe maths leaders .



Leaders using the racoon circle – active classrooms interactive sessions

Taking maths outdoors – takingmathsoutdoors@aol.com

Links with afPE business Partners which support 30 active minutes



Links with other Partners

- Arena Sugarsmart Programmes and Wild Tribe Outdoor Learning.
- Absolute Education – participation monitoring tool
- YST – Active School Planner monitoring tool
- YST Active 30:30 challenge/ YST Healthy movers
- Taking Maths Outdoors (Use of the racoon circle)
- Range of web programmes Go Noodle, Jo wicks the Body Coach, Wake Up Shake Up, SugarSmart Blast.
- Register to become a sugarsmart school.
www.sugarsmartuk.org



Absolute **Education**



Absolute Education

PHYSICAL EDUCATION

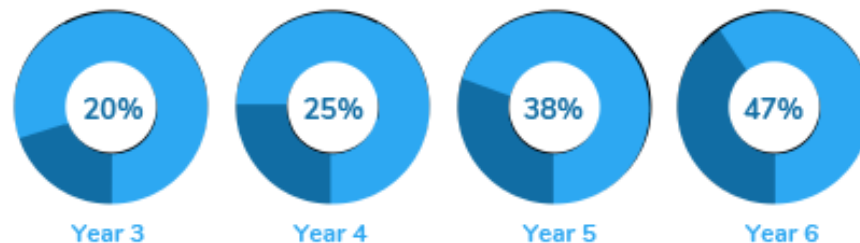
CHURCHFIELD

Autumn Data

KS2

Participation

Pupils in Key Stage Two that have been active this term by regularly attending extra curricular sports clubs and level 2 School to School competitions.



Percentage of boys and girls that have been active this term.

Groups

Pupils in Key groups that have been active this term.



Competitions Entered

Number of School to School Competitions

12

KS2 Young Leaders

Number of pupils leading activities.



Intent, Implementation and Impact – New Ofsted framework

New Ofsted framework from September 2019. Following a research project into the curriculum. – Personal Development Judgement which will look at sport and the wider curriculum. ‘The whole child’ -’

The curriculum and the provider’s wider work support learners to develop their character – including resilience, confidence and independence – and help them know how to keep physically healthy and mentally healthy’

(Ofsted May 2019)|

- ☐ What is your curriculum intent for PE/Active 30 minutes ?
- ☐ How are you going to implement this ?
- ☐ How will you know the impact, and how will you measure it ?

The Active 30 Minutes -Make your Mark !

A great way to measure the impact of the PE and Sport premium and be Ofsted Ready.

Intent – To increase the number of children active for 30 minutes per day

Implementation - To introduce a timetable of activities led by staff and pupils. This will involve;

- Training staff and leaders

- The purchase of some new equipment

- The use of a participation monitoring tool

- Setting of some personal challenges

- Talking to the children about what activities they would like in the classroom and outside.

- Apply for some accreditations

Impact – Quantitative data and Qualitative through pupil, teacher, parent consultation.

RSE – Statutory Guidance on Health Education – Sept 2020

Physical Health and Fitness

Pupils should know;

The characteristics and mental and physical benefits of an active lifestyle

The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking, cycling, active mile and other forms of regular , vigorous exercise.

Mental well being;

The benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental wellness and happiness.

Introducing 30 active minutes will support the delivery of Health Education

Ethos, Mindset and Culture

- ❑ Start with a quick win What are you already doing to achieve the 30 active minutes ? Work towards a multi component approach
- ❑ Who can you get on board with the programme in the next half term ? Build the workforce
- ❑ What can you do to start to improve activity in your playground ? Active environments.
- ❑ How Active are your classrooms ? Embed Physical activity across the curriculum.
- ❑ How can you involve pupils to ensure choice and variety ? Set personal challenges.
- ❑ Start an Active campaign to promote the programme across the school with pupils, staff and parents. - Active Travel.
- ❑ In order to make change you have to start to make it part of the culture of the school, **build the mindset with the pupils and staff** and ensure it becomes part of the ethos.
- ❑ What can you do differently to make the greatest impact !!

afPE – Association for PE membership



Benefits of membership

Full health and safety advice and support (including advice on safeguarding, incident support, employment law issues, and pre and post ofsted inspection)

Monthly newsletter, updates/news flashes on latest developments in the sector.

Access to members area of the website with downloads and many resources to support PE.

Access to afPE rewards benefit scheme linked to a range of work related and lifestyle opportunities

Access to relevant webinars on a wide range of topics and much more

Check out the website – www.afpe.org.uk

Costs – School below 100 pupils - £55

Schools with 100 – 200 pupils £75

Schools with 301 – 600 pupils - £85.00

References and contacts

<https://www.gov.uk/government/publications/curriculum-research-assessing-intent-implementation-and-impact>

afPe.org.uk – membership services

www.arena-schools.co.uk

Sport England's [Active Lives Children and Young People survey](#)

imoves.com

What works in schools and colleges to increase physical activity ? July 2019

School Sport Activity Plan July 2019

Healthy Schools Rating scheme July 2019

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