

# Your school project

We are challenging each school to come up with a “Step into Spring” project, big or small but something relevant for your school and which targets the Chief Medical Officer (CMO) guidelines of 60 active minutes per day.

Through the newsletters and information sheets sent out over the coming weeks we hope to provide you with ideas, tips and links to resources to support you with your project.

## Contents

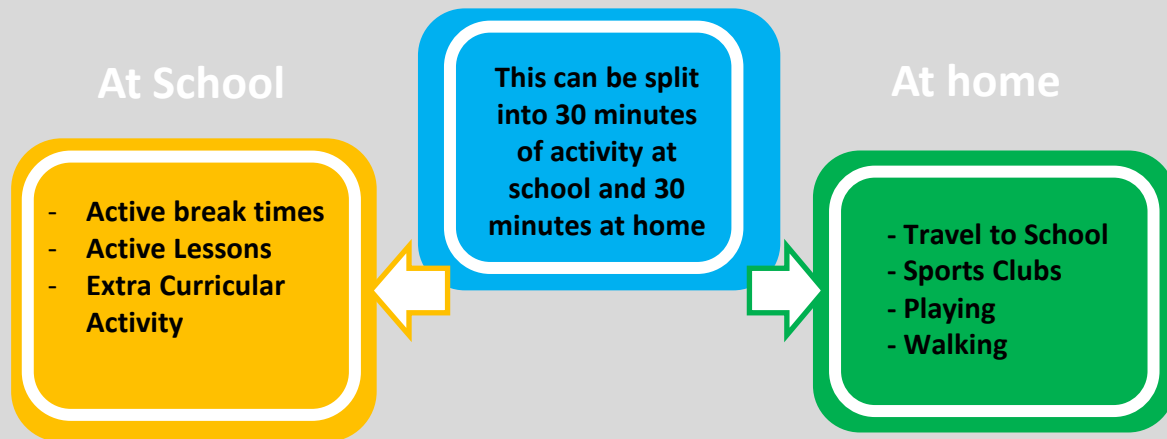


- Why should we get involved?
- How to use the pack
- What will our school focus be?
- Theme ideas
- Planning
- Ideas for tracking activity
- Activity tracker
- Top tips for parents & carers
- Contact information

# Why should we get involved?

It is more important than ever that children and young people try to achieve the recommended daily levels of activity.

Children and Young People should engage in at least 60 minutes of activity every day



## Regular Physical Activity =



The Power of an Active School  
(YST, 2017)

Makes you feel good

Develops Co-ordination

Builds confidence and social skills

Improves sleep

Improves Health & Fitness

Improves Mood

Improves concentration in children

# How to use the pack

- The themes and ideas in the pack are to support you
- Think about small steps which may then be part of a bigger plan for physical activity in your school
- If you only try one thing it is still a positive step to increasing activity levels
- Digest the information, take your time
- Try to concentrate on one area, it is likely to support another area

## Quick tips ....

There are questions to make you think about themes in relation to your school

You will find lots of on the pages. 

This is an idea that falls within a theme. Remember to click on the images, it will take you to some resources!

There are a few templates and tips sections towards the end of the pack to pick up and simply run with

## 4 ways you can get involved .....

1. Speak to the team about ways you could measure physical activity to understand what areas need to be developed

2. Identify a theme and an idea you would like to develop

3. Speak to colleagues. What could you do as staff in your school?

4. Support the project by engaging with social media posts. Promote positive messages to parents and your school community

“All children, irrespective of their abilities, should enjoy being active.

What’s enjoyable and positive varies for different children and young people, so our aim must be for all to get an experience which meets their rapidly changing needs”

# What will the focus be for your school project?

Remember you can't do everything, think of which area you will target.

It is important to review what your current provision is for physical activity, this will help you identify an area of work.



## Quick tip....

Do you know the baseline activity levels for pupils.....

- % pupils achieving 60 mins?
- % pupils involved in active travel?
  - % of engagement in PE?
  - % accessing extra curricular?
- No. of pupils involved in active breaks/ lunchtime?
  - % of activity in the classroom
- % pupils achieving 30 mins at home



If not, could that be a starting point?



Take a look for some ideas that may help get you started

# Systems for embedding Physical Activity

- How does your school monitor the amount of physical activity that is taking place each day to ensure pupils are meeting CMO guidelines?
- Has a plan been developed to embed physical activity throughout the school day?
- What is the confidence level of teachers and staff in delivering and developing physical activity opportunities for children and young people?
- Do staff act as role models for the pupils when promoting physical activity and promoting wellbeing?



## Using a tracking tool to measure Physical Activity in School

To ensure full understanding of activity levels there must be a baseline. If you don't have this information, could this be your starting point?

The Primary "Active School Planner" is one tool that could be used for measuring activity.



## Provide professional learning opportunities for staff across school

- Provide ongoing training related to PE and Physical Activity during development days
- Deliver training on topics such as daily physical activity, physical literacy, spaces for learning
- Provide resources that can support cross curricular physical activity



## Quick ideas....

Host an active assembly once per month

Create a walking challenge e.g. staff vs pupil/ class v class

Make sure you involve pupils in the project

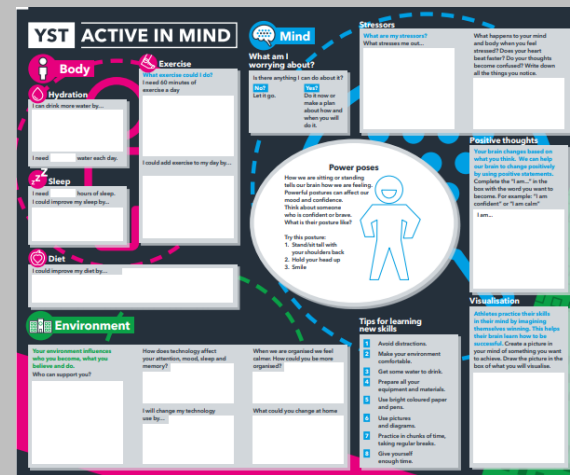
# Targeted Groups

- Using PE, School Sport & Physical Activity, what provision is in place for targeted interventions at your school and which groups do you identify? Low engagement, low attainment in PE, least active, SEND, PP, Early Years etc.
- How do you engage families of these targeted groups in wider conversations and in the promotion of physical activity?
- What does success look like for these individuals with regards to PE, Sport and Physical Activity engagement?

## Use a ready made resource to target a specific group of pupils

- Develop a project which targets young people that are experiencing low mental health issues. Think about addressing inactivity, developing positive behaviours and providing a safe environment
- Develop a project which targets a group of young people, as an example this could be inactive girls, the below interventions and resources could support you

Remember to click on the images to take you to resources that could help



## Engage students in planning, promoting and leading physical activity initiatives within school

- Provide opportunities for pupils to plan activities/challenges
- Facilitate peer led initiatives during break, lunchtimes
- Support/ adopt physical activity challenges created and led by students

# Active Travel

- Does your school have a system in place to monitor how pupils travel to and from school?
- Does your school embed active travel initiatives throughout the academic year e.g. Walk to School Week, Bike It, and how are these built upon?
- Is the messaging consistent, clear and regular to parents with regards to active travel?



## Quick ideas....

- Develop a walking bus
- Consider challenges to motivate pupils, staff and the wider school community
- Introduce inter class challenges
- Celebrate active travel achievements

Remember to check the "Step into Spring" newsletters for ideas and resources.

## A secondary school case study from



### A SCHOOL-WIDE CYCLING CULTURE

Adam Pilkington (JiPE member)

John Spence Community High School is a comprehensive secondary school in North Tyneside. We have around 850 11-16-year-old students. The average commute for our students is one mile. The fastest, most convenient way to travel to school is by bike, scooter or walking. Some of our students travel by public transport and a few by car. The evolution of having more students travel to school by bike, scooter or walking has been a strategy spanning almost ten years.

The journey began with a Bike It officer, funded by Sustrans. Their role was to help us and our neighbouring feeder schools to get more students and families out on their bikes. They offered bike maintenance days, incentives to travel more sustainably, transition rides from the feeder school to High School, family evening and weekend rides, assemblies and awareness of nationwide competitions. The other role was to promote local Bikeability courses.

Bikeability was a stumbling block, with many students having unsuitable or unsafe bikes to take part. Consequently, some students were turned away and many failed the 'M' check (a bike standards test) on the first morning. It was evident that we needed our own fleet of bikes and a storage area in which they could be maintained. Fortunately, we heard of a local shipping company which offered to buy 66 bikes, plus spares, tools and accessories, to create our very own Geared Up project.

Through local contacts and a lot of time and effort from a small group of Year 11 students, we set up a fleet of bikes (including five smaller ones for our feeder schools) and

a maintenance garage which the Year 11 students staffed. With our own trained mechanics and a set of new bikes, we could progress rapidly into encouraging more cycling within school. We had cycle weeks, incentives for riding to school, maintenance sessions for students' bikes, and repair slots for damaged bikes. As a result, more students began to ride to school! We did not adopt a helmet policy but ensured students' bikes would be stored safely, with CCTV coverage. We worked with the Police to stamp bikes and issue free bicycle locks.

With more students biking, four PE staff and a learning mentor took the qualification required to take groups out and we put cycling in the Key Stage 4 PE curriculum. At Key Stage 3, students had the opportunity to take part in Bikeability Level 1 and 2, using either their own or the school's bikes. We also lend bikes to our main feeder schools for their pupils to take part in Bikeability and transition rides so they are fully confident and prepared to cycle to us in Year 7.

Participating in local competitions, such as GO Smarter, and promoting national campaigns such as #Biketoworkweek all contribute to additional support for cycling within school. We were crowned the top secondary school in Sustrans' national Big Pedal five-day challenge in 2019. In that week, more than 96 per cent of our students took part in the challenge: 516 cycled and 112 rode in by scooter throughout the week. We have been fortunate to have the Tour of Britain pass through our area in recent years and have run trips to view this. Last year, some of the students who never fail to cycle to school rode the last section of the Newcastle route, just before the main riders came through!

**OUR TOP TIPS**

- Engage with a local company or sponsor to buy a fleet of bikes.
- Train staff to take groups out.
- Check out Bikeability options in your area.
- Work with your feeder schools.
- Train students to be mechanics to maintain the bikes.
- Offer a repair service.
- Have secure bike areas for students.
- Enter competitions.
- Let Sustrans know of your intentions/project.
- Check out local organisations, such as <https://www.bike4health.org/>
- Think about the benefits cycling has for students' attainment, behaviour, attendance and wellbeing. ■

## Top tips for creating a cycling culture....

- Train staff to take groups out
- Link into Bikeability schemes
- Train students in bike maintenance
- Engage with a company/ sponsor to buy a fleet of bikes
- Have a secure bike area
- Link to initiatives and events
- Check out local organisations like [www.bike4health.org/](http://www.bike4health.org/)
- Think about the wider benefits for students attainment, behaviour and wellbeing

For the full article please click

# Active Learning

- Does your school have an approach to active learning? Is Active Learning promoted and encouraged by SLT for all teachers to engage with?
- Does your school support active learning across subject areas?
- What areas/ aspects of school or the local area could you use to encourage Active Learning? Playground, fields, walks, local parks etc.
- How does school utilise interventions to increase the amount of physical activity in place e.g. timetabled breaks in lessons, active assemblies?
- Do school use a menu of opportunities and activities to ensure that pupils remain engaged throughout the school year e.g. active mile, brain breaks, activity blasts?



## Quick ideas for adapting classroom routines to make them more physically active

**The fifteen minute rule** – Research shows we should avoid sitting down for longer than fifteen minutes at a time. It can be easy to forget this, so perhaps you could run a countdown clock on the whiteboard that gives everyone a reminder to stand up and stretch

**Registration race** – Turn registration into a Mexican wave where pupils stand up in turn and call out their name? Race against the clock, trying to beat a previous time. Change the order in which they stand, incorporate some team building activities

**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.
- 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.

[www.activeschoolplanner.org](http://www.activeschoolplanner.org)

YOUTH SPORT TRUST

For more ideas  
click on the photo



**ACTIVE SCHOOLS**

YOUTH SPORT TRUST

Quick lesson breaks to improve behaviour, focus and concentration."

Sitting still for long periods is not only bad for our long-term health, it's bad for behaviour, focus and concentration too. There are some easy ways to build in physical activity and break up sitting time that should help you make your lessons more active, engaging and enjoyable.

**A BOLT OF ENERGY**

The activity only takes a few seconds, but can 'kick-start' the metabolism as well as re-energise and re-focus pupils who have been sitting still for too long. It can be done in the classroom without moving any furniture.

- Every body stands up and makes a 'Lacin Bolt lightning bolt' shape. On 'go' everyone runs as hard as they can on the spot for six seconds before finishing with a 'Mo Farah mobot' pose. Pupils (and you) should feel that their heart is beating faster, a little out of breath and a little hotter. More blood will be pumping around the body, and more

**CLASSROOM WINTER OLYMPICS**

When pupils sit still for too long, their core muscles become less and less active and their posture gets worse. Poor posture leads to slower, less tidy handwriting and poorer attention. To re-activate the core muscles, try some of these Winter Olympic events from your class.

- **Downdhill slalom:** Pupils should sit up straight on their chairs and follow you for a YouTube video clip such as this, leaning left and right through the slalom course. Leg men can keep hands on the chair and feet on the floor, intermediates can lift their hands up and advanced can lift hands and



# Active breaktimes, lunchtimes and extra curricular provision

- What opportunities do pupils have to be active at breaktimes and lunchtimes? Do you implement structured activity or a play based approach? How do you utilise staff, other pupils and varied activities to engage more pupils?
- Is there a breadth of opportunities for all pupils to be active after school on a weekly basis throughout the academic year? Who delivers these? What is the purpose of your after school provision? Is it comp prep, open to all, try new activities, targeted groups etc.?
- Do all of your pupils engage in physical activity during these times?
- What do you do, to promote these opportunities across the school and to engage different pupils?



## Improve opportunities for secondary pupils to be active during break and lunchtimes

Open up facilities during break and lunch times and allow informal participation

Give pupils the responsibility for operating a fair system of booking space

Provide a low level supervision, use of young leaders

Set up lunch time leagues chosen by pupils, involve young leaders

## Introduce a participation scheme

- Each time a pupil attends a session they receive a stamp/ signature etc.
- Award prizes for most times/ introducing a new member etc.
- Provide rewards not just based on ability



## Simple ideas to encourage after school participation

Provide extra curricular sports and activity options that appeal to all students e.g. fitness, fun, competitive

**Primary/ Special** - Encourage families to join in sessions before school. Could you provide equipment to play with? Could you provide a family fitness session?

# Active Spaces in School

- Do you utilise spaces in school to promote physical activity/ moving more?
- Are your active spaces inspiring for pupils and do they support teaching/ delivery of activity?
- Is outdoor learning encouraged, promoted and celebrated across school?



## Create classroom spaces that promote and allow physical activity for pupils

Could you look at standing options for students during lessons

Change or add equipment into the classroom that allows for movement e.g. wobble boards, floor markers for activity blasts etc.

Focus on an environment where pupils feel safe, it builds confidence & enables them to have fun and spend time with friends



## Improve facilities to create active environments for pupils and staff

- Provide an environment where pupils are able to complete activity e.g. an active mile
- Are there ways you could change outdoor space to inspire pupils to take part in activity?
- Think about the use of markings/ zones to promote activity and encourage play
- Provide reminders about physical activity in spaces around the school

“Developing children and young people’s physical literacy is essential in creating a positive and lifelong relationship with activity and without it many will not enjoy the health and social benefits associated with living active lives”

# Competitions, Festivals and Events

- Does your school attend events and competitions throughout the academic year. In which sports and activities? Why do you choose these?
- Which pupils are provided the opportunity to attend? Are the activities suited to their needs?
- How often are ALL pupils given the opportunity to experience competition within school? Both against others and themselves (personal best challenges)?
- How do you utilise wider school structures (house systems and rewards) to promote intra competition and personal best challenges?
- What is available in the local area to engage pupils further? School trips and educational visits etc.



## Increase the number of pupils involved in Intra School Activities

### Plan a Physical Activity Day/ Week/ Festival

- Ensure the focus is Physical Activity
- Provide different activities/ provide choice, could they link to local activities in the community?
  - Promote across the school and provide key messages
- Link it to a local initiative or a high profile event

### Promote Physical Activity challenges

- Try a different challenge each term, challenges for different year groups, class vs class etc.
  - Challenges could be participation based or “can you do?” activities
  - 60 second personal challenges



## Explore the principles of competition

**SCHOOL GAMES**

### PRINCIPLES OF COMPETITION

- 1 The young person's motivation, competence and confidence are at the centre of the competition.
- 2 The focus is on the process rather than the outcome (on the learning and values development of the young person rather than the result).
- 3 Volunteers, leaders and officials are appropriately trained and display behaviours reflective of the nature of the competition.
- 4 The environment is safe and creates opportunities to learn and maximise social development.
- 5 The facility and the environment that is created for the competition reflects the motivations, competence and confidence of the young people and format of the competition.

**SMILES**

If all the competition principles are followed, that should result in SMILES. Use the below as a check list:

- SAFE** participants feel physically and emotionally safe.
- MAXIMUM PARTICIPATION** participants are fully involved all of the time, i.e. not being spectators.
- INCLUSIVE** all participants can take part activities are designed to suit and develop their abilities.
- LEARNING** participants develop personal, social, creative, thinking and/or physical skills.
- ENJOYMENT** activities recognise individuals' personal needs and interests.
- SUCCESS** participants feel they are making progress and getting satisfaction.

**SCHOOL GAMES MISSION**

Keeping competitive sport at the heart of schools and primary more young people with the opportunity to compete and achieve their personal best.

**SCHOOL GAMES VISION**

By 2020 the School Games will be continuing to make a clear and meaningful difference to the lives of even more children and young people.

Partners: 1000, 100, change 4 life, youth trust



Go to your “Your School Games” dashboard to explore the high quality competition principles. There is also an online learning tool which takes you through some real life examples

# Ensure you make a plan!

## What is your intent?

What is the focus of your project?  
What do you want the pupils to learn? What do you want the pupils to be able to do?

## What will be implemented?

What are the actions attached to the project and are they linked to your intentions?

## What will the impact be?

What do pupils now know?  
What can pupils now do?  
What has changed?

## Think about sustainability

It is always important to look at the sustainability and to look at what the next steps are

“If you fail to plan,  
you’re planning to fail”

Benjamin Franklin

## Showing an impact

Think about some of the measures you could use to show impact:

- X% increase of pupils who say they do 1 hour of Physical Activity per day
- % increase in the number pupils participating in PE & Physical Activity
- An increase in the number of pupils who have changed their method of travelling to school to a more physically active one
- % increase in pupils taking part in physical activity through the day
- X% increase of pupils that say they enjoy Physical Activity and School Sport
- X% of parents and carers say that they are doing more Physical Activity with their children



# Ideas for Tracking activity

To enable you to show an impact it is important to track the activity

- It can raise an awareness to individuals of how active they are
- It helps to monitor and track changes (baseline information is important)
- It can demonstrate increases in participation
- The measures need to be relevant to your project and your school

# 1

You can track activity on devices.  
Pedometers, watches or an app on a phone e.g. Strava.

If you are in school what would work? If you are tracking activity at home, can all families access it?

# 2

Could you use questionnaires or physical activity diaries? Some schools use google forms, what systems do you use in school that staff, pupils and/or parents are familiar with?

# 3

Could you use worksheets or observation sheets in school and/ or at home? Could these be paper based? Staff, pupils, families simply hand in the sheet. Think about how a weekly reflection activity could support learning based on the frequency, intensity, time or even type of activity.



## Marine Park First School Exercise Challenge 2020/21

Physical activity has countless health benefits for children! Not only does exercise improve a child's overall health and fit cognitive development as we

Over the next few weeks we

After you have logged the ac

<http://www.marineparkfirst.c>

Refresh the page and the exe

Which is the most active clas

\* Required

Type of exercise \*

Walk

Run

Bike or scooter

Online exercise e.g. Joe Wicks

Yoga

Other

Which class are you in? \*

A.M Nursery

P.M Nursery

Reception North

Reception South

Reception East

How many minutes did you exe

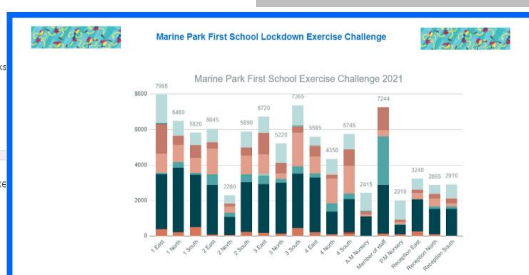
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15

30

45

60



## A primary school case study from



- Marine Park used a google form to record physical activity at home, it was launched through a video from the Head Teacher

- It was a class vs class challenge and updates were provided each week

Top Tip – Think about the information you need on the form to ensure accuracy

# Physical Activity Tracker

The NT PE & Sport Team have produced a simple Physical Activity tracker that could be used to monitor which pupils are maintaining physical activity at home.

Please make sure you contact the team if you would like a copy of the tracker.

It is a simple template, please feel free to change or edit to suit your school/ your project/ your activity.

North Tyneside  
Step into Spring  
**School Project**  
@NorthTynesidePE

Get involved in our School Project & be as active as possible everyday

Aim for 60 minutes of physical activity each day

- Here are some suggestions of the types activities you could do:
- Go for a walk, a jog or a run
  - Go out for a bicycle ride
  - Do a home exercise or workout like yoga
  - Learn a dance routine
  - Do some skipping
  - Go skateboarding or scooting
  - Play simple games in an outside space like stuck in the mud or capture the flag

North Tyneside  
Step into Spring  
**Weekly Activity Tracker**  
@NorthTynesidePE

The activity should get your body moving more and get you warmer. It should make your heart beat faster & get you a little harder.

Remember it should be fun too!

Turn over to record what you have done in your Activity Tracker and add together the length of time you were active for that week.

Send this back to your school or your teacher

#MoveinMarch PE, Sport & Physical Activity #Active

Can you be active every day this week?	What did you do to be active today? <i>*Explain a little about the type of activity or exercise you have done*</i>	How many minutes were you active for today? <i>*Aim for 60 minutes*</i>	How did being active make you feel? <i>*Was it fun? Was it easy or hard? What did you feel like during &amp; afterwards?*</i>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Name: \_\_\_\_\_  
Date: \_\_\_\_\_

Total number of active minutes this week: \_\_\_\_\_

You could use the tracker for 1 week during the holidays, 2, 3, 4 weeks during school time.  
**You choose!**

# Remember to.....

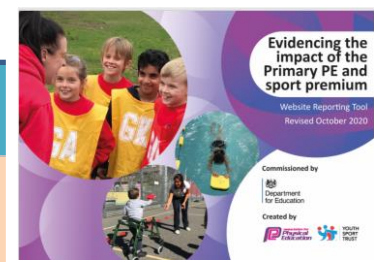
Keep it simple

Who else could you engage in the project?

Keep remembering “Why” the project is important?

Think about what other projects or plans you could link the idea/ project to?

**Primary** - Ensure your project links with plans associated with your Primary PE & Sport Premium



# Remember to celebrate.....

- Celebrating success is always important
- Post stories and successes on social media, through newsletters, emails
- Ensure you involve the young people, staff, parents and the school community in this process

“Positive experiences at an early age help build the foundations for an active life. If children and young people have experiences that feel fun, positive and give them a sense of confidence, they’re more likely to want to be active in the future”

Sport England, Uniting the Movement, 2021

# Remember to consider .....

- Putting children and young people first, involving them and their families in decisions and designing relevant opportunities
- Improving the mental wellbeing of children and young people through sport and physical activity, by working with and alongside those who want to do the same

Sport England, Uniting the Movement, 2021

# Top tips for engaging Parents & Carers

If your project is encouraging 30 active minutes at home it is important to communicate with parents and carers. Here are a few tips:

**1** Reiterate the importance of Physical Activity. What information could be sent home? Could you remind them of recommended levels?

**2** Think about places in your school that families visit, reception area, playground etc. and use these areas to display messages and ideas

**3** Could you incentivise the challenge, physical activity with a family member etc

**4** Provide ideas and resources for taking part in things as a family, plan challenges that engage families in active opportunities

**5** Provide updates on the progress of your project. Assemblies, drop off and pick up times are great opportunities to engage with families

**6** Provide families with physical activity opportunities in the local community

## Resources to help

Why not take a look at the Change for Life: Active Parent resource for some ideas. Click on the photo to take you to the resource

do you know that being more active can give your children a better chance of:

- Having fewer avoidable health conditions like obesity and type 2 diabetes.
- Having stronger emotional wellbeing and being more resilient.
- Making safer choices about a healthier lifestyle.
- Performing better at school.

### design your own activity

can you and your family invent a game that gets everyone active?

Once you've tried it out, take it into school and share it with your friends or a Change4Life club.

Draw your game here and explain the rules. Remember, keep it simple!



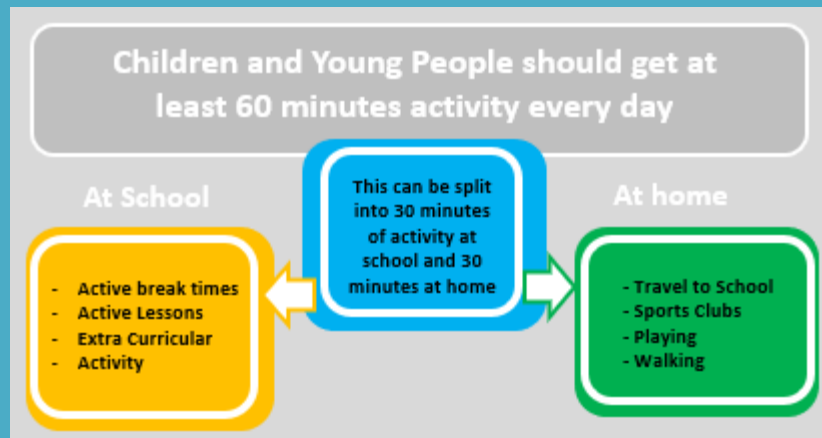
<b>space</b> What space will your activity be in? Big or small? Inside or outside? Will it work indoors as well as outdoors?	<b>task</b> Is your game easy enough for everyone to join in, but challenging enough to make it fun?	<b>equipment</b> Is the equipment you need easy to get hold of for everyone?	<b>people</b> How many people does your game need in order to work? Can you play on your own and by a team?
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# A guide for Parents & Carers

As a school we are committed to encouraging children and young people to get at least 60 minutes of activity every day



## Do you know that being more active can give your children a better chance of:

- Having fewer avoidable health conditions like obesity and type 2 diabetes
- Having stronger emotional wellbeing and being more resilient
- Making safer choices about a healthier lifestyle
- Performing better at school

Change for Life – Active Parent resource

Research suggests that children are 6 times more likely to be active if their parents are also active

## Top tips....



Try **new activities** and find something that everyone enjoys



Take advantage of what you have around you: items in your home, the area you live in



Use **personal goals** and track everyone's progress



Use physical activity as a reward



**We hope that this pack has been useful to help develop your project.**

**For more ideas and information for your project please visit the website [here](#) and watch out for more information in the North PE & Sport newsletters.**

**Remember to share your news with the team on social media.**

**You can follow us @NorthTynesidePE on Facebook, Twitter and Instagram.**

**@NorthTynesidePE**

