Creating Active Schools Project

CREATING ACTIVE SCHOOLS

Yorkshire Sport Foundation

11/07/2022

Physical Activity for Children and Young People

Yorkshire Sport Foundation

Children should be physically active for at least 60 minutes every day

60 active minutes should be split between schools (30 minutes) and outside of school time (30 minutes).

- Active break times
- PE lessons
- Extra-curricular clubs
- Active lessons
- Sport and physical activity events
- 1K-A-Day

- Walking to and from school
- Sports clubs
- Play in the park
- Swimming
- Junior parkrun

A can of soft drink with added sugar takes a child over their maximum recommended daily intake of sugar.

Drink more water instead

around 6-8 glasses per day

Physical activity and sport is linked to

- improved concentration
- classroom behaviour
- pro-social behaviour
- peer relationships

1/3

Nearly a third of children aged 2 to 15 are overweight or obese.

The latest data tells us that:

33%

of children aged 5 – 16 are not even active for 30 mins per day!

Children who are aerobically fit have higher academic scores

For more information visit www.yorkshiresport.org

What can you do?

- Go for a long walk with the family (with or without a dog!)
- Find a junior parkrun near you by searching at www.parkrun.org.uk/events/juniorevents
- Walk, cycle or scoot to school
- Go swimming
- Get off the bus one stop early and walk the rest of the way
- Park in the furthest away parking space when visiting the shops
- Don't seat young children in the shopping trolley or buggy; let them help to choose healthy food options
- Join a local sports club (search online for your County Sport Partnership which will have a local activity finder)
- Limit screen time to an hour a day and encourage children to do alternative activities such as playing, drawing or reading
- Lead by example; be a role model by taking part in activities with your children

Try this:

Kids love tech! Buy an inexpensive pedometer or activity tracker and set goals with rewards for being active

Try this:

Change the TV channel to a video channel or radio station and spend 10 minutes dancing to the music!

Try this:

If you don't have a dog, ask a neighbour if you can take theirs out for a walk. They will be very appreciative of a day off!

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How to keep our mind and bodies healthy

In our school we have been participating in a lot of activities to keep our mind and body healthy;
For example we have been getting sports leaders (like me) to do a lot of games and activities every day.

Supporting Healthy Eating

I made a healthy smoothie. I chopped fruit.
Nikolas Y5 pupil

Big sister activities

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Big sister is a company that lets girls exercise for free months. You have classes and you can go dance classes and you can go gym at 11+. Pls go and sigh up until it runs out!

-

Mon: Swimming
Tue: Swimming
Wens: Swimming
Thurs: Dance class at 4pm
Friday: Gym and swimming

Events and Activities

You can do lots of fun stuff like: Gymnastics, cricket, football, rounders all of stuff and clubs like: summer school, science club, cooking club and a lot of other fun stuff coming after this half term.

Eastwood Village Primary School

Extra Curricular Activities

Autumn 1	Gymnastics	Football	Multi Skills	Computing	
Autumn 2	Futsal	Karate	Street Dance	Anime	Futsal Competition at EIS
Spring 1	Mini Trampolines Tutoring	Indoor Multi Skills Tutoring	Crazy Science	Maths	Book Club February half term holiday club
Spring 2	Circus Skills Tutoring	Computing Coding Tutoring	Family Cooking	Tutoring	Junior Jam
Summer 1	Athletics	Robotics	SATS Revision	Tutoring	Tutoring
Summer 2	Basketball	Outdoor Adventure	STEM Club	Sports Day	Summer School

Collecting Pupil Voice

We explained ways to be active

Martina Y6

I tried to think of ways to be active at home.
Jessica Y6

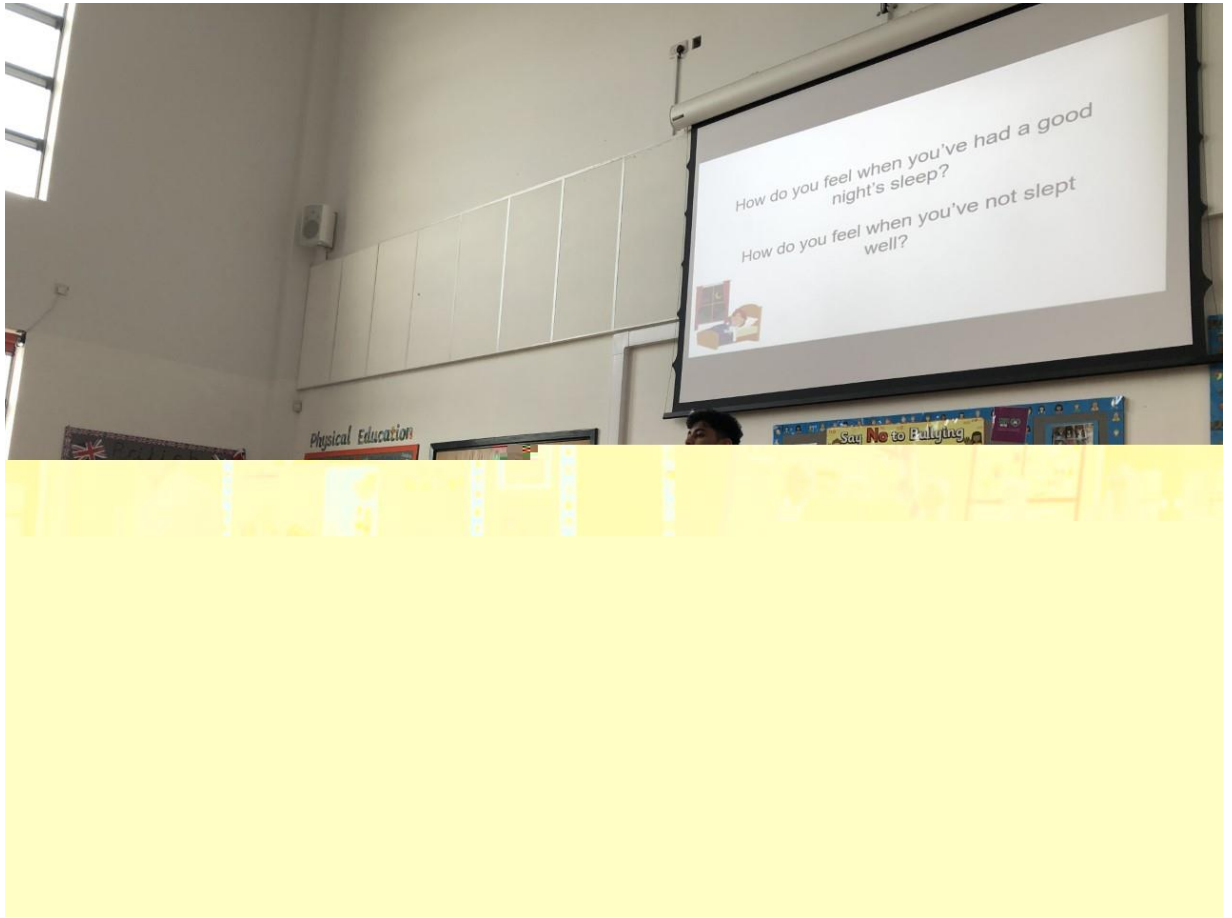
Year Group of pupil	Always	Most of the time	Sometimes	Never
I enjoy being active.				
I get enough exercise during PE classes.				
I am active during lunch break.				
School encourages me to be active.				
I am active at home in the evening and during the weekend.				

Do you think being active is important?

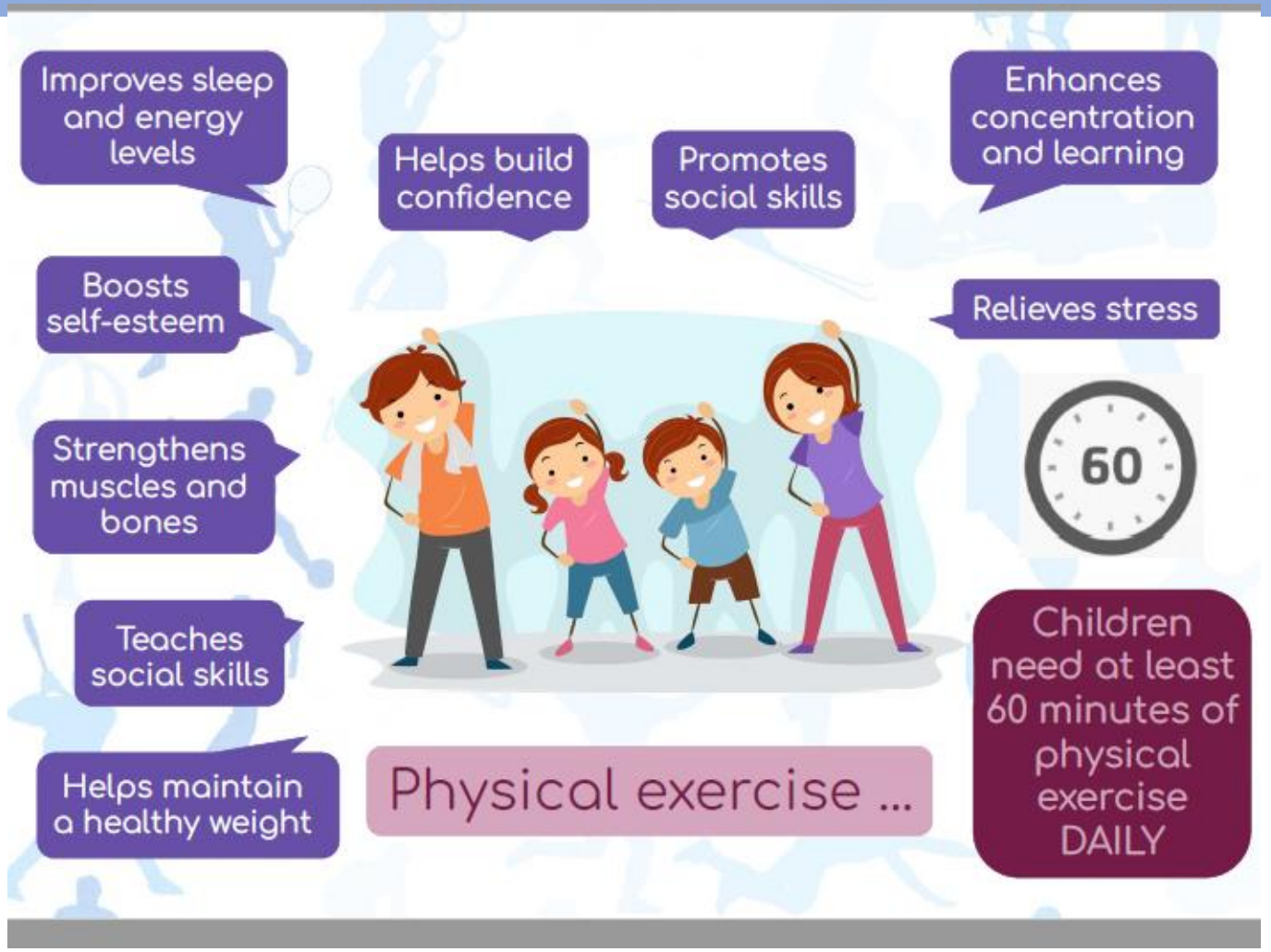
Why?

Can you think of ways to be more active in school or home?

Using our science curriculum purposefully.



Publications to support parents



Sports leaders

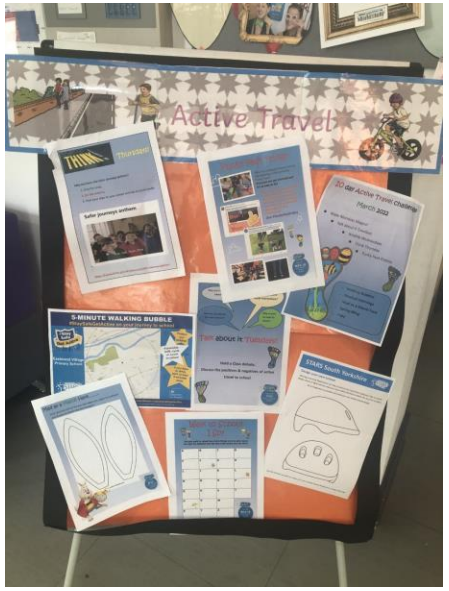
As a Sport Leader you have to take responsibility for our school` s equipment and create games for our school pupils. When we have meeting , on Thursday at 12:25, we plan for next week's games and choose who wins the physical activity prize for Friday 's Assembly.

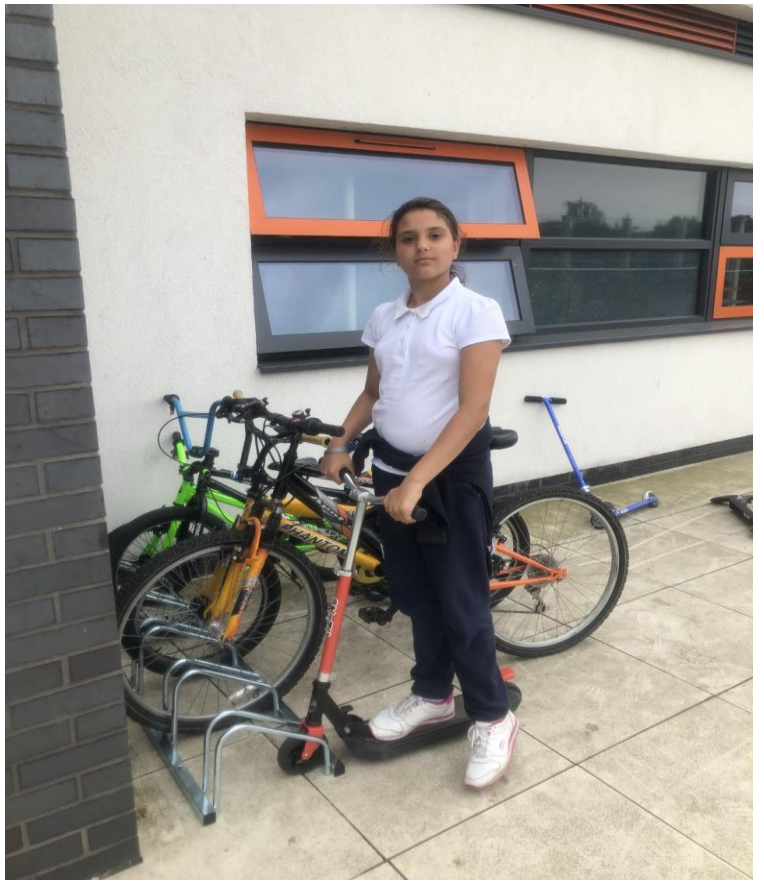
Brain breaks

In our school we have been participating in a lot of activities to give our brains brain breaks, for example doing rainbow yoga or a dance.

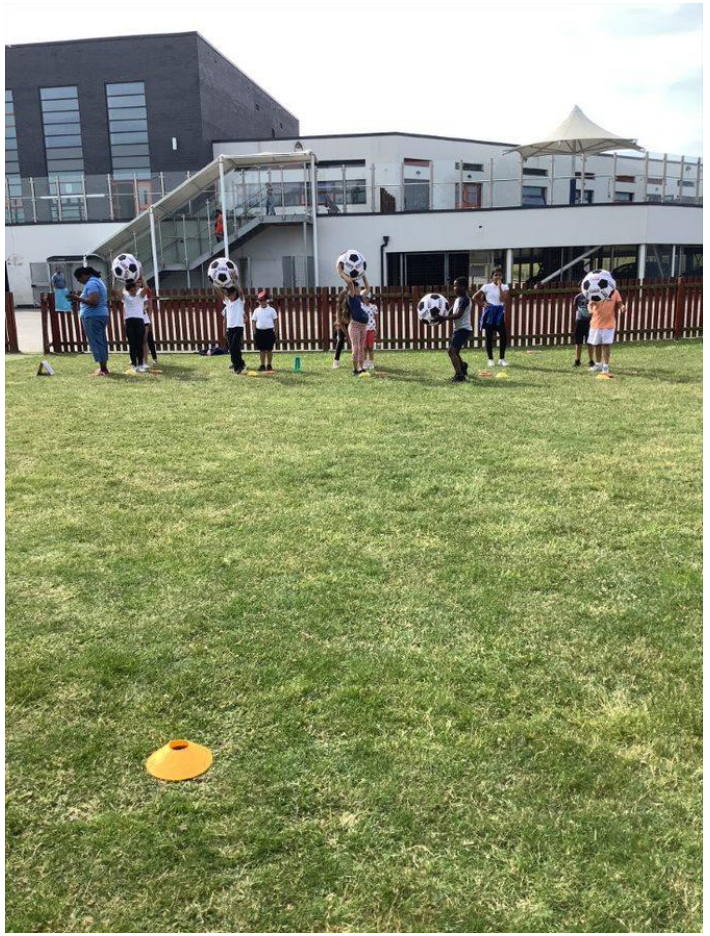
Active Travel

When you travel to school by scooter or a bike, your blood pumps around your body and it gets you ready for school. Also doing more exercise helps you concentrate.

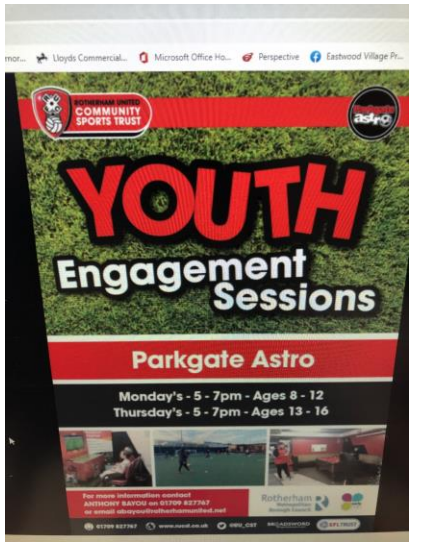




Live and Learn sports



Community Sports



Summer school

Summer School 2022

July/*Júl*
21/7 and 22/7
27/7 and 28/7

August
3/08 and 4/8
10/8 and 11/8
17/8 and 18/8
24/8 and 25/8

summary

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