



**Yorkshire
Sport
Foundation**

**How to get
children active
during the school day**





Helping children enjoy being active during the school day

We all know that active children are healthier and fitter. However moving more and sitting less throughout the school day can also help with concentration, memory retention and behaviour.

Being active should not be confined to PE lessons or after school clubs; it should be embedded in the school's DNA so that there are numerous opportunities to move in class, during break and on the journey to and from school.

This guide has been designed to help teachers identify where the gaps in activity are and guide them in how to fill them with a range of fun and engaging ideas.



Health and safety tip: Before engaging in physical activities, inform students of the possible risks associated with the activity, ways of minimising the risks, and procedures and guidelines for safe participation.



Active Travel

Increasing daily physical activity before entering the school grounds.

Park and Stride



Work with local business to use their carpark for the school run. Parents who would normally drop off at school gate park here and walk the final stretch.

Scoot fit



ScootFit's aim is to get children confident and competent at scooting after a single session.

Scoot Fit sessions are innovative. Children scoot for 30 minutes non-stop to music helping develop skills, abilities and confidence.



www.scootfit.co.uk

Walking bus



Set up a walking bus in the local area passing common meeting points.

Cross-curriculum links to design posters.



www.livingstreets.org.uk
www.modeshiftstars.org

Sustrans



A range of initiatives and resources to encourage families to explore active travel options.



www.sustrans.org.uk/for-professionals/education



Registration

Getting children on their feet before lessons.

Interactive signing in



two
minutes



£2.50
per
month



£4.49
per
month



Children sign themselves in on an interactive white board. Advanced by changing the movement they do travelling to the board.



www.studybugs.com/about/schools/register

www.twinkl.co.uk/resource/t-m-768-large-interactive-class-register-self-registration





Active Lessons

This is a way to embed physical activity into other areas of the curriculum.

Active Phonics



Active Phonics is a highly engaging multi-sensory fusion of phonics and Physical Education.



www.activephonics.co.uk

Burn2Learn



Provide teacher training, pupil workshops and resources to schools on how to enhance whole school improvement and emotional wellbeing through active lessons.



www.burn2learn.co.uk

Imoves



The active classroom resources are designed for use in the classroom or school hall and provide opportunities for activity in subjects as diverse as: literacy and phonics, maths, science, geography, languages, history and PSHE.



www.imoves.com

Premier League Primary Stars



PE - activities to develop skills from balance to athletics.
Maths - apply knowledge to football challenges.
English - examples of sport to improve skills.
PSHE - challenging topics brought to life by personal insights from sport figures.



www.plprimarystars.com/for-schools

Super Movers



Free



Helping children across the UK to get physically active with movement routines and curriculum linked videos.



www.bbc.co.uk/teach/supermovers

Tagtiv8



Resources starting at
£325



Unique and innovative ways to combine English and maths with physical activity.



www.tagtiv8.com

Te4ch Active



Resources starting at
£645



Online resource that provides teachers with lesson plans and resources to deliver the Primary Maths and English curriculum through physical activity.



www.teachactive.org



There's a lot to be said for having happy, healthy children. Because the happy, healthy ones learn.

*Helen Cartwright,
PE Coordinator at Horbury Primary School.*





Active Breaks

Short games and activities that can be used to break up the school day.

Active 30:30



Made up of ten sequential steps, the Active 30:30 resource helps practitioners to create an active school which supports the established principles of learning. Included in the resource is a step-by-step practitioner resource, providing a robust evidence base with guidance and tips to maximise impact.



www.youthsporttrust.org

Boogie Bebies



Online videos for EYFS to get children active between lessons.



www.bbc.co.uk/programmes/b006mvsc

Cosmic Yoga



Online tutored stories with simple Yoga based movements. Also available for free on YouTube.



www.cosmickids.com

The Daily Mile



Fifteen minutes from getting up to sitting back down! Children can run or jog at their own pace with their classmates, making them fitter, healthier and more able to concentrate in the classroom.



www.thedailymile.co.uk



Disney 10-minute shake up



Free



Different activities linked to different Disney characters to get children moving.



www.nhs.uk/10-minute-shake-up/shake-ups

Go Noodle



Free



Move with purpose- hundreds of videos that activate kids bodies and brains for short bursts.



www.gonoodle.com

Joe Wicks HITT



Free



HITT workout online for children to follow to get fit.



www.youtube.com/thebodycoachtv

Just Dance



Free



YouTube clips- dance tutorial including range of songs and movements.



www.youtube.com/justdance

Marathon kids



Free



Engaging running programme where children aim to run up to four Marathons over a school year. The programme includes a free tracking system.



www.kidsrunfree.co.uk/mk/teachers-resources



Tig-Tag



£12



A lightweight and soft flying toy, designed to be thrown at your opponents. Dodge, jump or run to avoid being 'it'!



www.tig-tag.co.uk

Wake Up Shake Up



Resources from
£14.99



Introduce daily activity into the curriculum to create more active lessons.



www.wakeupshakeup.com



Physical Activity Trackers

Tracking devices used to measure physical activity levels.

Moki



£20
+ VAT per band

Volume discounts available at 10, 35 and 125



A smart wristband and software application that measures physical activity providing both on-screen and printable user-friendly reports.



www.moki.technology
www.moki.technology/pages/the-active-schools-project

StepITS



£13
Per unit



An activity tracker developed for primary school children allowing teachers to create physical activity challenges.



www.stepits.co.uk



Equipment

Encourages continuous movement in classrooms

Exercise ball



Exercise balls engage the body to reduce fidgeting while increasing concentration.

Standing desks



Desks that you can change in height to allow children to stand while working.



www.iwantastandingdesk.com

Wobble Chairs



An active seat that makes children keep the chair stable while they work.



Courses

Multiple schools may be required to work together for courses to be delivered

Level 5 and 6 Certificate in Primary PE Specialism



From
£1,000



Nationally accredited course to train teachers and school staff to plan, teach and assess good to outstanding PE in primary school settings.



www.sportsleaders.org/qualifications-programmes/primary-education-leadership/find-a-centre

Delivering 30 minutes of physical activity for every child, every day



Enquire
directly



This workshop covers the rationale and importance of schools incorporating 30 minutes of physical activity into the school day for every child.



www.youthsporttrust.org

Healthy Movers



£535.50



Healthy Movers is a suite of resources and training to support practitioners and families to develop the competence and confidence to ensure every child is physically literate.



www.youthsporttrust.org

Power of an Active School



Enquire
directly



This course will support schools to increase physical activity throughout the school day to boost health and academic achievement.



www.youthsporttrust.org

Tagtiv8



Enquire
directly



Staff will be taught how to offer an active approach to maths and English that is fun, engaging and enthuses children. They will be able to create active sessions that develop core skills with their learners.



www.tagtiv8.com/product/seeing-active-learning-in-action/

Burn2Learn



£400 /
£695



Empower staff with adaptable cross curricular Burn2Learn activities that maximise engagement, motivation to learn and emotional wellbeing.



www.burn2learn.co.uk/training

Teach Active



£300/
£400
+ VAT

Twilight
session
(2 hours)/
Inset
(3 hours)



Provides staff with an in-depth look at the benefits of active learning. It showcases how the Teach Active resource can be used within your school to support teaching and learning, and drive up attitudes and attainment within maths and English.



www.teachactive.org/training

Real PE



£1,295
+ VAT



Supports primary schools and families to transform the culture of physical activity. Our approaches create habits and develop essential behaviours, physical literacy, emotional and thinking skills in every child.



www.createdevelopment.co.uk



National Governing Bodies of Sport (NGBs)



Variety of sport-specific resources and training from professional organisations for individual sports.



[Search for a sport's NGB](#)

Bikeability



A range of training options to teach children how to ride a bike.



www.bikeability.org.uk/find-a-course

Move&Learn



Twilight and ongoing CPD

Training for teachers and SLT on embedding physical activity in learning and play underpinned by research and linked to pedagogy.



www.moveandlearn.co.uk

Totally Runable




















































From 90 minute workshops to full year packages

Training for schools and girls to create equity, not just equality for girls in sport, and to support schools in bringing PE, sport and physical activity up the agenda.



www.totallyrunable.com

Daily Physical Activity Planner Template

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6						
	$\begin{matrix} abc \\ +-x+ \end{matrix}$ Active play times and lessons 					
Year 5						
	$\begin{matrix} abc \\ +-x+ \end{matrix}$ Active play times and lessons 					
Year 4						
	$\begin{matrix} abc \\ +-x+ \end{matrix}$ Active play times and lessons 					
Year 3						
	$\begin{matrix} abc \\ +-x+ \end{matrix}$ Active play times and lessons 					
Year 2						
	$\begin{matrix} abc \\ +-x+ \end{matrix}$ Active play times and lessons 					
Year 1						
	$\begin{matrix} abc \\ +-x+ \end{matrix}$ Active play times and lessons 					
Year R						
	$\begin{matrix} abc \\ +-x+ \end{matrix}$ Active play times and lessons 					



Active Travel



Registration



Active Lessons



Active Breaks



Physical Activity Trackers



Equipment



Courses

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Year 3						
Year 2						
Year 1						
Year R						



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www.yorkshiresport.org