

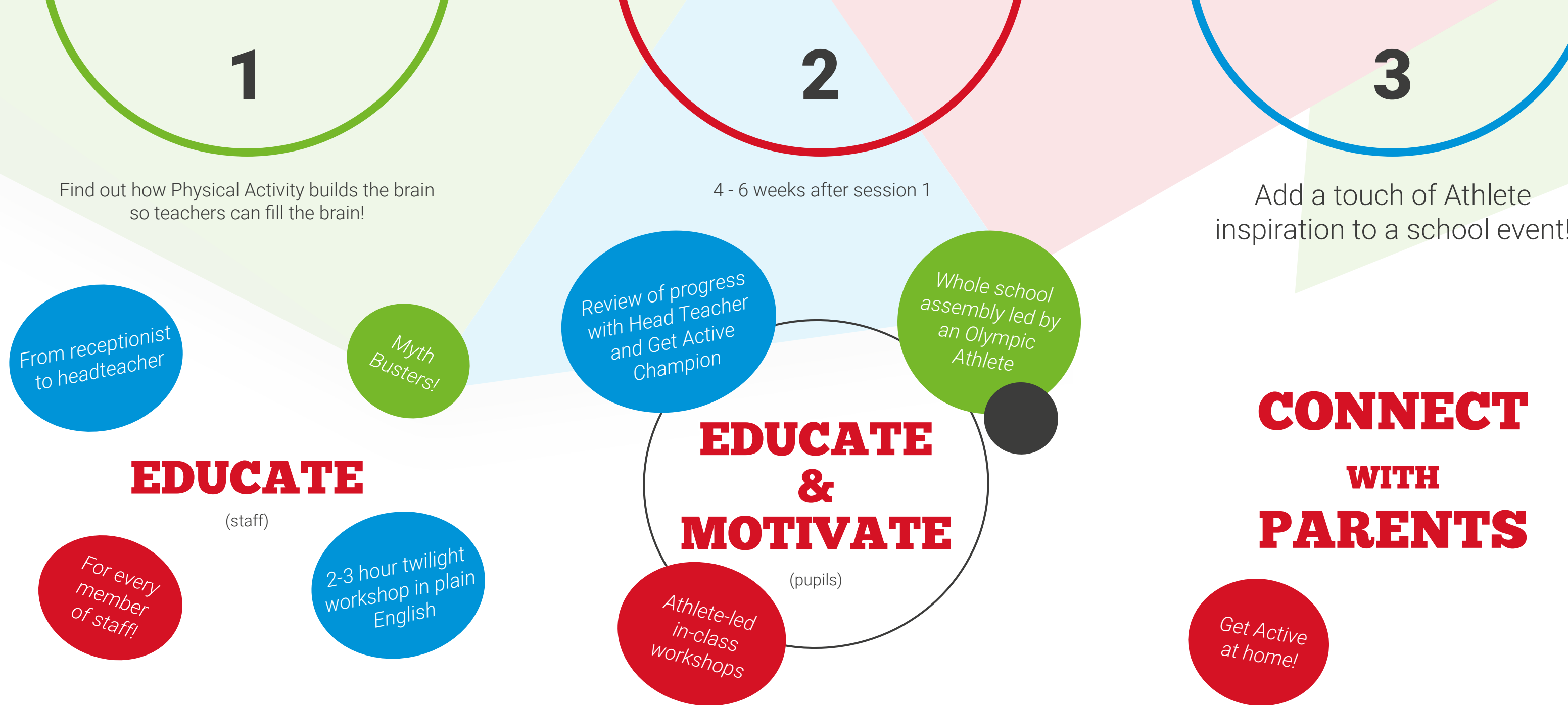
GET ACTIVE PROGRAMME

A 3-part motivational programme lead by an **Olympic Athlete** that explains **WHY** fit and active kids do better at school. For teachers, support staff, pupils **AND** parents!

"The whole staff thought that it was incredibly interesting and thought the **delivery was fantastic**. Every teacher has already made changes so it has had an **immediate impact** already."
James - Beech Street Community Primary School

A programme evaluation by Leeds Beckett University showed that:

- 100% of teachers interviewed reported very positively about the workshops, and wanted more!
- All schools made real and immediate changes to their behaviours.
- All schools suggested that their neighbouring and/or sister schools would want the same.



10 tips to get ACTIVE



www.sportsforschools.org/get-active/

In the past 10 years, scientists have discovered how physical activity is a crucial ingredient in building children's brain circuits to be successful academically, socially and in life.

This fun, stimulating and easy-to-follow session brings all staff together to a common understanding. The knowledge learned will change everyone's approach to education for ever.

~~£650~~
£575⁽¹⁾

The athlete will visit the school for a whole day to support teachers and staff, and connect with pupils. By the end of the day the whole school will be inspired and motivated, having understood why being active is vital, and be full of new ideas to **GET ACTIVE!**

~~+£525~~
£475⁽¹⁾

Connecting with parents to bring them on board is not always easy. An athlete makes it so much easier!

This session is best run at a school fete or similar event. The athlete will run an activity on a stand that is fun for the whole family, and explain it all to parents.

~~+£420~~
£375⁽¹⁾

(1) Discounted price when using a sports for schools event voucher

TRIED AND TESTED TIPS

1. Active registers! Get all the children to stand and jog on the spot. When their name is called, they have to come and high-five you before going back to their place.

Exercise sharpens memory

3. Interactive Reading! During a lesson, pick a key word that you know will come up several times. Every time the word comes up, the children must do a simple exercise (such as a star jump).



"The Get Active Programme Particularly good at reaching those who are the least fit or physically active, both staff and pupils."
Leeds Beckett University

80% of children don't do enough physical activity

5. Sleep Walk! Have a bit of fun and ask the children to sleep walk around the classroom with their arms stretched out (keeping their eyes open!).

"Children are less fidgety and more settled in class as a result of the Get Active Programme."
Burnsville Primary School

4. Stand up to answer questions!

Just the act of standing up gets the body moving, and this will help with behaviour.



6. Walk to...! Calculate how far you've walked with your class over a period of time and show them on a map. Make it a challenge to get to a certain distance – you could even reward the class who has walked the furthest in school!

Exercise improves brain performance which means greater academic success

"The Get Active Programme workshops in general have led to increases in daily activity of the children"
Trinity Primary School

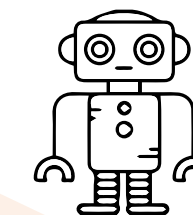
7. Dance!

Dancing makes exercise more fun. Learn a choreographed dance (like the 'Macarena') and practice it every day. You can even video the class each week to see improvements!



Exercise reduces sickness – so better attendance!

Exercise improves wellbeing



9. Reach for the Stars!

Encourage the children to reach for the stars at low points in the day. Make them stand, reach, hold, and stretch!



10. Become a Robot!

Encourage the children to stand up tall, hop forwards, backwards whilst raising one arm up and one down at the same time. This really engages the brain and helps with balance and coordination

8. Wake Up!

Is your class feeling sleepy? Pop outside for 3 minutes for a quick burst of exercise. The results are unbelievable!

Use the money you raise to change your school to be forever active



Fitter kids do better at school

getactive@sportsforschools.org

01223 792200

www.sportsforschools.org/get-active/



Executive summary of results from Leeds Beckett University

"The focus group responses would suggest that the Get Active workshops were successful in overcoming some of the identified barriers and enabled teachers and other staff members to begin to think about and actively deliver physical activity within and across the school day. Changes were identified in capability with the workshops empowering teachers and enhancing their confidence to deliver physical activity in a variety of different contexts. Teachers also reported changes in opportunity following the workshops with increased management buy-in alleviating some of the time pressures identified previously. They also reported making better use of existing resources, while the training delivered during the workshops has also led to a positive change of mind-set. Finally, following the workshops and witnessing the pupils engage in the whole school activity led by the Olympic athlete, teacher's motivation changed. Their motivation to incorporate physical activity into the school day was therefore changed as a result of witnessing changes in pupil attitude and motivation."