

SUMMER 2 2019 | VOL. 2

FACTive

Facts About Getting Active!



20 **FREE** tips *TO GET ACTIVE* at your school! Get your free download at sportsforschools.org/get-active/

FITTER KIDS DO BETTER AT SCHOOL!

Why exercise is important for academic success...

Infants in England have **45 minutes less break time** a week than in 1995, according to University College London. Secondary pupils have lost 65 minutes in the same period!

Geoff Barton, the general secretary for the Association of School and College Leaders', says "with school timetables bursting at the seams because of the pressure to deliver a huge amount of learning and to prepare children for high-stakes tests and exams, it's no surprise that school break times are shorter than they were 20 years ago." Is that what anyone wants for their child? We certainly don't, because...

Exercise builds the brain

There is a HUGE amount of evidence showing the link between physical activity and academic success, with some studies even suggesting that 20 minutes of exercise helps the brain work 20% FASTER! If schools are shortening break times, how can they ensure children are getting enough physical activity to build their brain?

Start getting your school active now by downloading 20 top tips for **FREE** at sportsforschools.org/get-active/

Read more about shorter break times at www.bbc.co.uk/news/education-48203595

WANT TO BE INSPIRED TO GET YOUR SCHOOL MORE ACTIVE? FOLLOW US ON SOCIAL MEDIA!

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Well done to our Spring Term t-shirt winners! Eva and Harry were both super pleased and loved their new t-shirts!



HAVE A QUESTION FOR THE TEAM? GET IN TOUCH!
UK: 01223 792200
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hello@sportsforschools.org

Exercise sharpens your memory, so actually helps you learn more!

Exercising improves brain performance by creating new brain cells, improving brain power and activity!

JUST FOR FUN!

64% of adults think that PE should be equivalent to England, Maths and Science in the curriculum, according to a poll conducted by YouGov on behalf of children's charity the Youth Sport Trust. The study also found that PE has faced bigger cuts than almost any other subject.

It really is important to ensure your class is getting a good amount of exercise everyday - afterall, it helps with memory, brain performance, AND wellbeing!



Almost **two thirds** of adults believe PE should be a core subject

THE SUMMER HOLIDAYS ARE COMING...

And with the end of the term approaching you might have started thinking about transition days for your new class. How about some of these fun riddles to use as icebreakers to try with the children? You could even ask the children to think of their own!

I have wings, I am able to fly, I'm not a bird yet I soar high in the sky. What am I?

An airplane!

A stamp!

What can travel round the world whilst staying in a corner?

You can catch me, but you can't throw me. What am I?

A cold!

FREE PRIZES

We want to do our bit to save the planet, so it's out with the old plastic wristbands, and in with something new! Have an idea? Email us at hello@sportsforschools.org and we'll send you enough prizes for your whole school if your idea is picked!

www.sportsforschools.org

“Sport needs to cater for everyone to allow everyone to get something out of it -

Darran Challis

Inspirational *Invictus* competitor Darran Challis tells us about keeping active...

Q: A lot of children really struggle to engage in sport at school. What can we do to help?

A: I think there is a lot of stigma these days on performance and winning. I prefer using the old saying "its not just about winning, its the taking part that counts." Sports need to be fun and varied to cater for everyone in order to give everyone the opportunity to take part. If people enjoy things then they will want to do it again, which might even make them pursue the sport!

Q: Do you feel like children are getting enough exercise nowadays?

A: My own personal perspective on this is no! There is far more emphasis on academic subjects rather than doing exercise, but more exercise helps with mental health and obesity!



Invictus Competitor Darran Challis with Prince Harry at the 2016 Invictus games in Orlando

Q: Do you have any fond memories of P.E from school?

A: My fondest memory was taking part in cross country events both for my school and county - it was always fun trying to get 70+ children through a 6-foot-wide gate, down a muddy track over a fence! I used to go home covered in mud, but having thoroughly enjoyed it - and Mum never did complain about the washing!