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FACTive

Facts About Getting Active!

20 FREE tips TO GET ACTIVE at your school! Get your free download at www.sportsforschools.org/20-top-tips-free-download/

Do you want to improve wellbeing at your school? Get in touch about our Get Active programme!

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

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THE DAILY MILE - How can schools make it more fun?

Running a mile a day can make children healthier - here's how schools can make it more fun!

A recent study shows that children spend more time sitting than ever before and, as they grow up, they tend to become more sedentary and less active. The Daily Mile, a teacher-led running programme for primary school children, makes a difference. The concept involves children running laps of the playground or school fields for 15 minutes each day. It's simple design has seen it expand to more than 10,000 schools in 78 countries worldwide!

HAPPEN recently found, in new research, that The Daily Mile can make a massive difference to childrens' lives - it can make them realise they are good at running, that running can be enjoyed with friends, and that they can have fun being active.

Enjoying physical activity increases the likelihood of maintaining it.

On the whole, pupils enjoy taking part in The Daily Mile, but it can become repetitive and boring. Some pupils suggest playing music whilst running, setting up an obstacle course, or running with a buddy can make it more fun.

Some children worry about finishing last, so an emphasis should be put on personal goals. But, interestingly, many children reported enjoying The Daily Mile more when teachers ran it with them! So get out your trainers, teachers, and show them how it's done!

<https://www.metro.news/running-a-mile-a-day-can-make-children-healthier-heres-how-schools-can-make-it-more-fun/1905542/>

HAVE A QUESTION FOR THE
TEAM? GET IN TOUCH!
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Did you know
you use 200
muscles to take
just one step
forward?

Children's
physical activity
levels correlate
closely with those of
their parents,
studies show.

JUST FOR FUN!

So what are some more ways of encouraging physical activity during the school day? We've had a look at 'Active Kids Do Better' to find some great resources you can use in the classrooms. Remember, physical activity builds the brain - so more active children can actually achieve better results!

The Active Kids Do Better Resources page has lots of fun exercises you can try during lessons - with video demonstrations of each exercise! There is even a tool to help build your own classroom booster - build your activity, duration, and music - and off you go!



One in four
primary school
children cannot run
properly, according to a
recent study, and only one in
two children can kick a ball
properly (DCU).

Try these in your class...

Cleaning is a GREAT way to burn off excess energy! Encouraging the children to clean up the classroom after themselves might be boring at first - but it can be as fun as you want to make it! Why not blast fun music - they could race the song to finish cleaning before it's over! The TIDY UP RHUMBA is one of our favourites!

What can
you make that
you can't see?

Noise!

An egg!

What has to
be broken before
you can use it?

What goes up
but never goes
down?

Your
age!

WIN £100 to improve sports at your school!

Tell us how you're improving physical activity in your school - email hello@sportsforschools.org and you could win a £100 voucher to use to improve physical education!

www.sportsforschools.org

“ Sport is a way to
meet new people and
interact with the world
- Sam Oldham ”

Inspirational Olympic bronze medallist Sam Oldham tells us about keeping active...

Q: How did it feel winning an Olympic Bronze Medal at London 2012, and at such a young age?

A: I'd decided I wanted to be an Olympian from the moment I watched Alexi Nemov compete on the High Bar at Athens 2004. When London won the bid to host the 2012 Olympics that was my absolute goal. Winning the first medal in the men's team event in over 100 years is something I'll never forget for as long as I live.

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

A: When I was younger I didn't even know that gymnastics existed - it was just football, rugby and cricket on tv so I had no idea what was out there. We need to bring other sports, like gymnastics, into schools to open possibilities for young kids who haven't seen sports like mine.



Olympic Gymnast Sam Oldham won an Olympic Bronze medal at the age of 19.

Q: How important is physical activity to you?

A: It is my life, and something I have done since I was big enough to kick a football. Sport is a way to meet new people and interact with the world around you. It's also great for people struggling with mental health issues - something that is quite close to home for me. I will be exercising my whole life and I'm looking forward to trying some new sports in years to come.