



SUMMER 1 2019 | VOL. 2

# FACTive

Facts About Getting Active!

2 million kids inspired  
**SPORTS FOR SCHOOLS®**  
GB ATHLETES WHO INSPIRE KIDS

## 20 FREE tips

to get your school more active! Get your free download at [sportsforschools.org/get-active/](https://sportsforschools.org/get-active/) and get in touch to find out more about our Get Active Programme!

## SAVE THE PLANET AND GET ACTIVE!

*Some fun activities to use in the classroom...*

### Journey Sticks

The aim of the lesson is to have the children create their own map of the route they go on - but first, the children explore the outdoors – picking up reminders of their experience along the way (leaves, moss, bottle tops, and so on which they fix to their own personal 'journey stick'). Not only are the children practising map-making, but they are also getting fresh air, exercise, and collecting rubbish too!

### Trash Trail

Organise a class walk around the local area (or playground) to pick up any rubbish and put it into categories (man-made and natural, recyclable and non-recyclable, by material etc.) You could even arrange to do this in bigger groups, or as a school-incentive with a prize for the class who collect the most rubbish! Try choose an item of rubbish that accounts for a physical activity when it's found (e.g. ten jumping jacks per crisp packet!).

WANT TO BE INSPIRED TO  
GET YOUR SCHOOL MORE ACTIVE?  
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HAVE A QUESTION FOR THE  
TEAM? GET IN TOUCH!  
UK: 01223 792200  
EIR: 0 1 9069331  
hello@sportsforschools.org

Did you know  
it's National  
Walk to School  
week from 20th  
May?

Walking to  
school can be a  
time to develop  
skills like balancing,  
hopping, and  
jumping!

## JUST FOR FUN!

A fun way to recycle in your school...

After the recent 'Blue Planet live' series, it's more important than ever to look after the environment. Why not encourage more children to walk to school instead of being driven in? There's no need for fancy equipment when it comes to exercising or saving the planet – the best things in life are free!



Trash talking  
turtle, Virginia  
Aquarium

But how else can you save the planet and still have fun doing it? Why not try giving your class the task to make a recycled product sculpture? Artists have started creating sea creatures from recycled plastic, so we think schools should give it a try too! The children can bring packaging from home, or use what they've collected from the 'trash trail' and work together to make a sculpture that you can display at your school. It's a fun and active way to save the planet!

## FREE PRIZES

We want to do our bit to save the planet too, 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

Britain's **most successful female swimmer** of all time **Joanne Jackson** 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 a variety of sports/activities will help the children join in. If the children are struggling to play individual sports I would encourage the teacher to do group/team sports to get everyone involved.*

**Q: What is your ultimate goal?**

*A: My ultimate goal was to win an Olympic medal but now I have retired it is to be a role model for children so I can help them to achieve their dreams.*

**Q: What would you say is your life motto (and a good motto to have)?**

*A: You only get out of life what you put into it. Believe you can and you're half way there.*



Joanne Jackson winning the 400m freestyle  
Bronze medal at the 2008 Olympic Games,  
Beijing

*If you make sport  
sessions fun it will help  
encourage pupils to be  
more active. - Joanne*

*Jackson*