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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!

LEVELS OF ACTIVITY IN SCHOOLS - ARE CHILDREN GETTING ENOUGH PHYSICAL ACTIVITY?

Sport England releases its second annual Active Lives Children and Young People Survey...

You've returned from the Christmas holidays, enjoyed the time off, inhaled the mince pies, enjoyed your christmas dinner, and are now beginning the whole 'New year, New me' stage of 2020. Whatever your resolutions are, the children have certainly had their fair share of treats over the holidays - and it's time to get them moving once again!

Sport England recently released their annual Active Lives Children Survey, looking at participation and attitudes towards activity. According to the survey, children's activity levels are on the rise! Covering the academic year 2018/19, figures showed an increase of 3.6% in the number of children meeting the recommended 60 minutes a day, driven by more out of school activity.

46.8% of children are active enough

The figures shows that 57.2% (up 4.6%) of children are doing 30 minutes or more physical activity OUTSIDE of school, compared to 40.4% at school. At the other end of the scale, 2.1 million children are doing fewer than 30 minutes a day, and while that number is down (by 3.9% over the last year) it's a reminder of how much more still needs to be done.

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Active children are more likely to report higher levels of mental wellbeing

How positively children feel about sports and physical activity generally declines with age

JUST FOR FUN!

So what are some more ways of encouraging physical activity during the school day? How can we get our nation's children active during school hours? The school day is busy with everything teachers need to pack into it, and sometimes that means physical activity is sacrificed. But physical activity isn't just important for physical health - it builds kids' brains, too!

Why not incorporate physical movement into core subjects? For example, children might jump in place eight times when eight is the answer to a maths question. You could also try 3-minute **brain breaks** - mini activities to use as a mental reset without taking away too much time from other work.



There has been a 3.6% increase in the number of children doing an average of 60 minutes of exercise a day in England, according to Sport England.

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 has hands but can't clap?

A clock!

Trouble!

What is easy to get into, but hard to get out of?

What can be as big as an elephant, but weighs nothing?

Its shadow!

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!

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We can practise EVERY success skill through physical activity
- Danielle Brown

Inspirational Paralympic 2x Gold medal winner Danielle Brown tells us about keeping active...

Q: How did it feel to win Gold medals at Beijing and London Paralympic Games?

A: Amazing! It's the best feeling in the world standing on that podium knowing that you have achieved your dream. Beijing was incredible, but doing it again on home soil in London was one of the proudest moments of my life.

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

A: I believe that there is a sport for everybody and you just have to find it. I struggled to engage with sport - when I became disabled I ended up spending 2 hours a week in the library instead of doing PE. I didn't know about Paralympic sports. It's about creating a fun environment where children get to explore different aspects of sport and find out what they like and dislike.



Q: Do you think children are getting enough physical activity nowadays?

*A: No! I also find it concerning that less girls engage in sports than boys, as it is a hugely important part of development and brings so many benefits with it. We can practise EVERY success skill through physical activity, from resilience to goal setting, confidence to growth mindsets. It's so important I even wrote a chapter on this in my book!**

**Danielle recently published a book, "Be Your Best Self: Life Skills for Unstoppable Kids", which she co-wrote with 9-year-old Nathan, a book about how children can be the best versions of themselves!*