

Get Active at School

A physical activity framework for schools in Swindon



Leadership, Coaching & Volunteering
Inclusivity Community Links
Whole School Approach
Health & Well Being Competitions
PE & Curriculum Delivery



Contents	Page
<i>Infographic: physical activity for children and young people, UK Chief Medical Officer's guidelines</i>	3
Foreword	4
What do we want to do?	5
How active should we be?	5
National and local snapshot of activity and health	5
How to get children and young people active at school:	8
<ul style="list-style-type: none">• Ambition 1: Physical Literacy 4 Life• Ambition 2: Healthy Body, Healthy Mind• Ambition 3: Leadership & Volunteering• Ambition 4: High Quality Physical Education 4 ALL• Ambition 5: Participation and Competition	
How to implement and measure success	10
References	11



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Physical activity for children and young people (5 – 18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Include muscle
and bone
strengthening
activities
**3 TIMES
PER
WEEK**



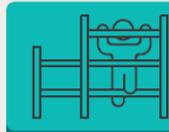
SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

Sit less



LOUNGING

Move more

Find ways to help all children and young people accumulate
at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive

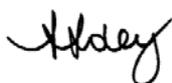
Foreword

Being active at school can lead to greater academic and sporting aspirations along with higher achievements of young people. It will also contribute to better physical and emotional health and wellbeing.

This conclusion is based on a number of studies supporting the association between being active and having better attention in addition to achieving better academic results¹. There is good evidence that activity helps to promote physical and emotional health and wellbeing^{2,3,4}.

This framework provides a blueprint to support the development of a whole school approach to physical activity and covers all its aspects, including PE and school sport, competition, active travel and play. It can also be used to address many of the wider challenges facing schools, including raising attainment, improving life chances, behaviour in schools and reducing fixed term exclusions.

It has been jointly developed by Head Teachers, Physical Education professionals, Swindon Borough Council (including Public Health and Active travel), Wiltshire and Swindon Sports Partnership, the Youth Sports Trust, Swindon Sports Forum and a number of providers of physical activity.



Councillor Fionuala Foley
Cabinet Member for Children's Services
and School Attainment
Swindon Borough Council



Peter Nathan
Head of Education
Swindon Borough Council



What do we want to do?

We want to reduce levels of inactivity, increase regular participation in all types of physical activity and contribute to better academic achievement with healthier, more active local communities.

This will be through establishing a whole school physical activity framework for schools that provides clear leadership, enables effective partnership working, communication and delivery of actions. This will link with the ambitions of all partners.

How active should we be?

National physical activity guidelines⁴ (see infographic on p3)

The Chief Medical Officer's guidelines⁴ for children and young people aged 5 to 18 years are:

- all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day
- vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week
- all children and young people should minimise the amount of time spent being sedentary for extended periods.

National and local snapshot of activity

Physical activity

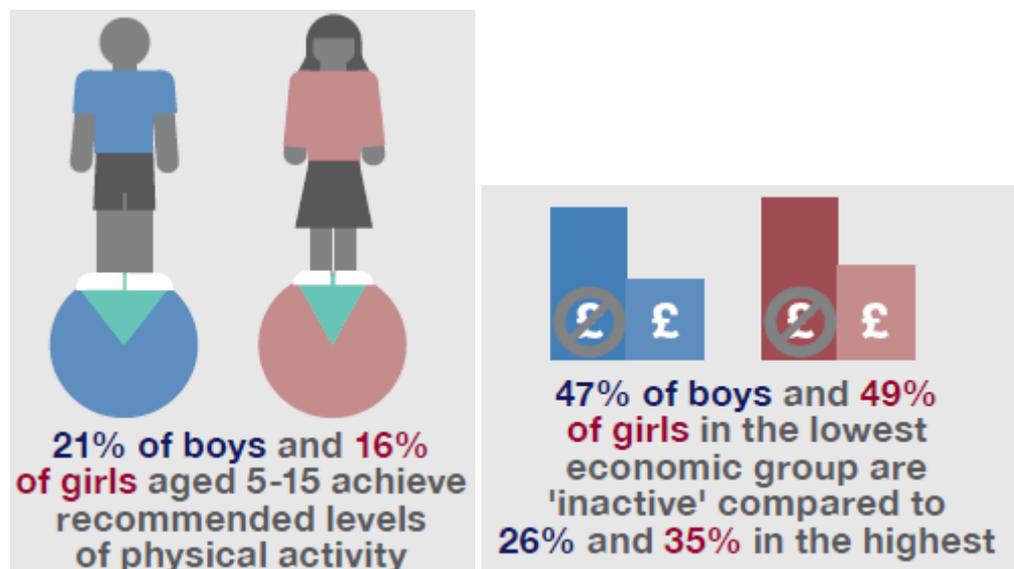


Figure 1: Physical activity levels in young people aged 5- 15 years in England⁵. Data source: Health Survey for England 2012

For the South West region, 13% of boys and 15% of girls meet the target. It is of concern that such a low number of children and young people meet the national physical activity targets. There is a substantial decrease in physical activity between ages 4–10 and 11–15 years, with very low levels for girls.

These figures exclude walking and cycling to or from school, however data from the 2015 National Travel Survey⁶, shows 48% of 5-10 year olds and 37% of 11-16 year olds reported walking to school and 2% of 5-10 year olds and 2% of 11-16 year old reported cycling to school in England.

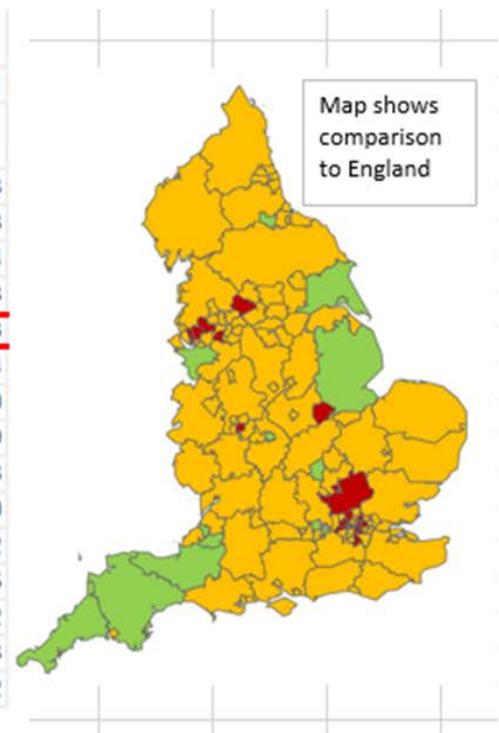
Local data on active travel to school is available from the Swindon Borough Council local 'mode of travel to school' data at January 2016 and is taken from returns based on the School Census and covers primary, secondary and special schools. This shows that 59% of pupils walk to school and 5% cycle.

There are Swindon data for physical activity levels in young people aged 15 years, but not in younger children and young people.

Figure 2: Percentage of 15 year olds physically active for at least 1 hour per day, 7 days a week⁷

Area	Value	Lower CI	Upper CI
England	13.9	13.7	14.1
Third less deprived decile (IMD2015)	-	-	-
Devon	17.5	15.3	19.8
Somerset	16.7	14.5	18.8
East Riding of Yorkshir...	16.2	14.1	18.4
Worcestershire	15.7	13.6	17.8
Swindon	15.2	13.1	17.3
North Somerset	15.2	13.0	17.4
Shropshire	15.1	13.1	17.0
Poole	14.8	12.7	16.9
Essex	14.5	12.3	16.8
Havering	13.8	11.7	16.0
Staffordshire	13.2	11.2	15.2
Solihull	12.6	10.7	14.6
Bexley	12.3	10.3	14.2
Barnet	11.8	9.8	13.8
Trafford	11.4	9.6	13.2

Source: What About YOUth (WAY) survey, 2014/15



Definition: percentage of 15 year olds who responded to Q13 in the What About YOUth survey ("Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?") and said that they engaged in moderate/vigorous physical activity for at least 60 minutes every day within the past 7 days.

Overweight and Obesity

Being physically active contributes to achieving and maintaining a healthy weight. In England and Swindon for the school year 2015-16⁸ over a fifth of reception children had excess weight i.e. were overweight or obese- see figure 2. In year 6 it was over a third- see figure 3.

Figure 2: One in five children in Reception was overweight or obese in 2015/16 (England 22.1%; Swindon 21.1%)

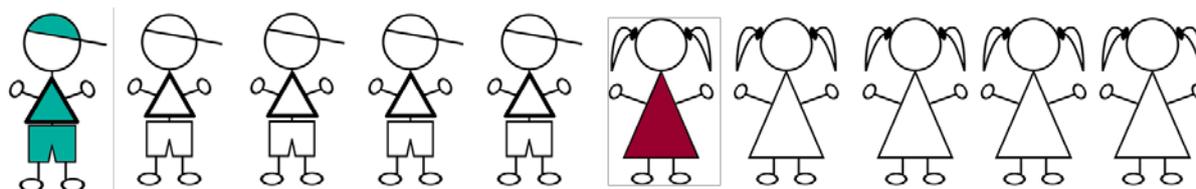
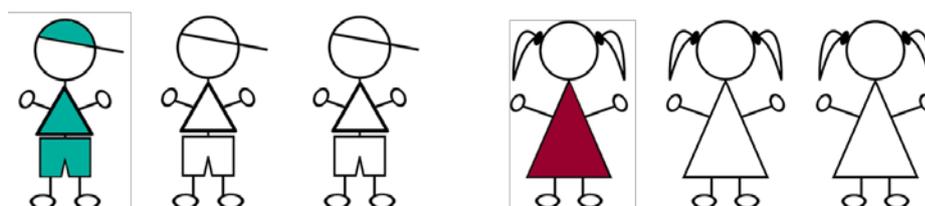


Figure 3: One in three children in Year 6 is overweight or obese (England 34.2%; Swindon 32.6%)



Of great concern is the doubling of obesity levels between reception year and year 6, from 9.3% to 19.8% in England and 8.5% to 17.3% in Swindon.

Comparator Areas

There is a group of 18 Local Authority areas (Bedford, Bradford, Broxbourne, Crawley, Dartford, Derby, Gravesham, Harlow, Ipswich, Medway, Milton Keynes, Northampton, Peterborough, Sandwell, Stevenage, Swindon, Thurrock, Wolverhampton) which are in the same Office for National Statistics cluster, called Expanding Areas and Established Cities. It is useful to compare Swindon with some these areas for the purpose of comparative and benchmarking exercises.

In 2015/16, this comparison showed that the proportion of Reception year children with excess weight in Swindon (21.1%) was the second lowest out of all the comparator areas. Swindon had a significantly lower excess weight rate than Wolverhampton (25.3%), Dartford (25.3%) and Gravesham (26.0%). Bedford (21.3%), Milton Keynes (23.1%) and Peterborough (22.8%) had slightly higher levels of excess weight in their Reception year children than Swindon.

In 2015/16 the proportion of Year 6 children with excess weight in Swindon (32.6%) is the second lowest out of the comparator areas. Swindon had a significantly lower excess weight

rate than Derby (36.7%), Thurrock (37.8%), Wolverhampton (40.3%) and Sandwell (41.1%). Bedford (34.1%), Milton Keynes (33.8%) and Peterborough (34.2%) all had slightly higher levels of excess weight in Year 6 children than Swindon.

How to get children and young people active at school

The evidence for what works to increase physical activity⁹ can be summarised into eight promising principles for practice, which have been tested with children and young people and practitioners:

1. Develop and deliver multicomponent interventions, such as education about the benefits of physical activity, creating a more supportive school environment and engagement of the family and local community.
2. Ensure a skilled workforce
3. Engage the student voice
4. Create active environments
5. Offer choice and variety
6. Embed in the curriculum, teaching and learning
7. Promote active travel
8. Embed monitoring and evaluation

These have been distilled locally into 5 framework ambition statements, which will each have a brief supporting statement of intent. The aim is to ensure that the student voice is involved through all work and evaluation is embedded into the framework. These statements will link to awards, such as the Swindon Healthy School award, 'ModeshiftSTARS National School Travel Awards' and will be part of overarching physical activity strategies in Swindon.

The national child obesity plan, including the Primary PE and Sport Premium

The national child obesity action plan¹⁰ includes a number of points that relate to increasing physical activity in schools. These include 'Helping all children to enjoy an hour of physical activity every day', with at least 30 minutes being delivered in school every day through active break times, PE, extra-curricular clubs, active lessons, or other sport and physical activity events, with the remaining 30 minutes supported by parents and carers outside school time. There will be a new national interactive online tool which will help schools plan at least 30 minutes of physical activity every day.

During inspections, Ofsted assess how effectively leaders use the Primary PE and Sport Premium and measure its impact on outcomes for pupils, and how effectively governors hold them to account for this.

Physical activity will be a key part of the new healthy schools rating scheme, giving schools an opportunity to demonstrate what they are doing to make their pupils more physically active.

Schools will continue to have the freedom to consider spending the Primary PE and Sport Premium on specific interventions but to help schools understand what help is available, Public Health England will be developing advice to schools for the academic year 2017/18. This will set out how schools can work with the school nurses, health centres, healthy weight teams in local authorities and other resources, to help children develop a healthier lifestyle.

The government have asked the County Sports Partnerships to work with National Governing Bodies of sport, the Youth Sport Trust and other national and local providers to ensure that from September 2017, every primary school in England has access to a co-ordinated offer of high quality sport and physical activity programmes, both local and national. As part of this, national governing bodies will offer high quality sport programmes to every primary school.

The voluntary sector, such as local sports clubs, can also play a big role in supporting young people to be active outside school. Swindon has an active sports forum which helps local club link to schools and other agencies.

5 ambition statements

- **Ambition 1: Physical Literacy 4 Life**
 - ✓ Having access to high quality opportunities to develop an understanding of fundamental movement and sport skills that permit a child to read their environment and make appropriate decisions, allowing them to move confidently and with control in a wide range of physical activity situations.

- **Ambition 2: Healthy Body, Healthy Mind**
 - ✓ Children and young people are aware of the benefits of physical activity on health, socialisation and achievement, and are enabled to engage in an active and healthy lifestyle within and outside school.

- **Ambition 3: Leadership & Volunteering**

- ✓ Offer opportunities for volunteering and leadership for young people in a range of areas, including peer support/mentoring, coaching, officiating and organisation of events.
- **Ambition 4: High Quality Physical Education 4 ALL**
 - ✓ Activities are inclusive, offering appropriate or tailored opportunities across the spectrum of sporting ability, including for those with special educational needs and disabilities and those eligible for the designated pupil premium.
 - ✓ Staff delivering activities are competent and enthusiastic.
 - ✓ All schools offer a minimum of two hours high quality physical education per week.
 - ✓ All primary schools offer Bikeability (National Standard Cycle Training) and swimming training to every pupil.
- **Ambition 5: Participation and Competition**
 - ✓ Deliver a range of activities, competitions and festivals for pupils at school, local and county level that is inclusive, well run and fun.
 - ✓ Gifted, talented and enthusiastic pupils are identified and supported through collaboration with schools, clubs and National Governing Bodies.

More detailed information on each of these ambition statements, including ideas for how to achieve each area, will be found on the Wiltshire and Swindon Partnership website- www.wiltssport.org.uk/swindon

How to implement and measure success

Physical activity in children is currently not measured at local level, but plans are in place to develop measures. The following measures will be used to give a proxy of implementation of this work and its impact on activity until more robust measures are developed:

- % engaged in the Healthy Schools award, particularly those implementing specific physical activity projects.
- % engaged with 'ModeshiftSTARS National School Travel Awards'
- % engaged with Wiltshire and Swindon Sports Partnership programmes; these can be broken down by engagement with competitions and events.
- % achieving 25m swimming by end of Year 6
- % achieving Bikeability level 3 by end of Year 6

Baseline assessments will be made in September 2017 against all of the above indicators.

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