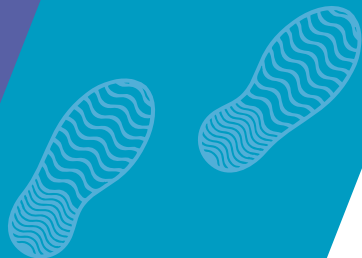


Active Children Do Better

- ✓ Brains work better
- ✓ Stronger school connections
- ✓ Better grades
- ✓ Happier students



...And So Do Active Schools

- ✓ Schools perform better
- ✓ Students show up to school and stay
- ✓ Teachers focus on teaching
- ✓ Staff, parents and communities are happier

**YOUNG
ACTIVE
HEALTHY**
Towards an Active Derbyshire

**50⁰⁰⁰
MORE
ACTIVE
LIVES BY 2021**

#YoungActiveHealthy



**active
derbyshire**

www.activederbyshire.org.uk

10 Steps

Towards an Active School

Speak with your School Sport Partnership



Understand what support is available in your area and consider how you can develop your ideas.

Plan how to spend your Primary PE and Sport Premium Funding



Determine the priorities for your school to develop an action plan which will enhance your support for pupils to be active for at least 30 minutes per day in school.

Invest in your Staff



Build capacity and capability within the school's provision, helping to ensure that improvements made now will benefit pupils joining the school in future years.

Create Active Environments



Consider initiatives such as the Daily Mile and give children physical activity breaks, they are better able to learn for 30-60 minutes following the activity.

Consider Physically Active Learning



Traditional approaches to increasing physical activity in break, lunch and PE have resulted in minimal improvement.

Segmented-day patterns of physical activity in children consistently highlight lesson times as the most sedentary portion of a child's day. This presents a premium opportunity to increase physical activity for all children.

Studies from across the world have demonstrated the potential of physically active learning to increase physical activity levels and more importantly academic performance.

Have a School Active Travel Plan



Promote active travel by encouraging pupils and parents to walk, cycle, scoot or skate to school and sign up to Modeshift STARS.

Make Sure Everyone is Included



Notice when children are not moving during free play or group activities. They may need a little encouragement or someone to show them an alternative activity they can do.

Challenge Misperceptions



Increasing the amount of physical activity does not lower academic achievement.

Motionless children are not better-behaved children. Active classrooms contribute to better performance in maths and literacy and improved behaviour overall.

There is no evidence that increasing PE time has a negative effect on educational attainment.

Apply for a School Games Mark



Register to the School Games and apply for your School Games Mark which will help you evaluate your PE provision and help plan for future progress.

Celebrate Great Teaching & Coaching



For children to get the most out of physical activity they need grown-ups to create a positive, fun, inspiring environment.

Our Overarching Vision...

Helping young people
in Derbyshire engage
in active and healthy
lives.

An active school provides all children with great experiences in physical activity and sport before, during and after school.

Three things an active school does well...

- 1 → Inspire 30 minutes or more of daily physical activity in school
- 2 → Deliver high quality PE
- 3 → Create a culture of physical activity for all



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