

Physical Activity^{HS}

National resources to help achieve the criteria



Healthy Schools

www.healthyschools.gov.uk

Introduction

Please find attached a map of some national initiatives and resources that can be used to help you achieve the Physical Activity element of Healthy Schools. This resource complements the Physical Activity Booklets A and B. Both will help you achieve the best standards to help children and young people become more active and lead happier and healthy lives.

At the end of this document you will see a list of organisations who have contributed to the Physical Activity map. Our thanks to all that helped. This map will be updated at least annually.

This resources map will be updated annually. You may use or be aware of other national resources or initiatives which could be included in the resources map. Please provide details (document title, name of organisation who produced it, website or telephone number of the organisation) and send to E: healthy.schools@dh.gsi.gov.uk. Thank you.



Physical Activity^{HS}

3.1 Provides clear leadership and management to develop and monitor its Physical Activity Policy

3.4 Provides opportunities for all children and young people to participate in a broad range of extra-curricular activities that promote Physical Activity

3.7 Encourages children, young people, parents/carers and staff to walk or cycle to school under safer conditions, utilising the School Travel Plan

3.10 Encourages all staff to undertake Physical Activity

3.2 Has a whole school Physical Activity Policy – developed through wide consultation, implemented, monitored and evaluated for impact

3.5 Consults with children and young people about the Physical Activity opportunities offered by the school, identifies barriers to participation and seeks to remove them

3.8 Gives parents/carers the opportunity to be involved in the planning and delivery of Physical Activity opportunities and helps them to understand the benefits of Physical Activity for themselves and their children

3.3 Ensures a minimum 2 hours of structured Physical Activity each week to all of its children and young people in or outside the school curriculum

3.6 Involves School Sport Co-ordinators (where available) and other community resources in provision of activities

3.9 Ensures that there is appropriate training provided for those involved in providing physical activities



**NHSP physical activity
criteria**
3.1

Provides clear leadership and management to develop and monitor its physical activity policy

**Types of information/
data to collect**

Which staff have specific responsibilities relating to physical activity policy and provision

**Tools/measures to use
Things you already
have to do!**

PE department handbook

PE Department records

Physical Activity Policy

**Initiatives/resources/
programmes to help**

Competency framework for Physical Activity in progress, afPE (to match FSA Food competency Framework) across 4 key stages.

Case Study to help
**NHSP physical activity
criteria**
3.2

Has a whole-school physical activity policy – developed through wide consultation, implemented, monitored and evaluated for impact

**Types of information/
data to collect**
**Tools/measures to use
Things you already
have to do!**

Written Physical Activity Policy

Sample Physical Activity Policy

Physical Activity Policy guidelines

Physical Activity Policy template

**Initiatives/resources/
programmes to help**

See criteria 3.1

Case Study to help

**NHSP physical activity
criteria**
3.3

Ensures a minimum 2 hours of structured physical activity each week to all of its children/young people in or outside the school curriculum

**Types of information/
data to collect**

Outline of curriculum time for PE for each year group

Outline of breadth and balance in curriculum programme

Pupils' knowledge and understanding of physical activity

Percentage of pupils receiving 2 hours participation each week in high quality PE or school sport within and beyond the curriculum

How the physical activity needs of all children/young people are being addressed

**Tools/measures to use
Things you already
have to do!**

PE schemes of work

Questionnaire, discussion, survey

PESSCL survey data

Inclusion Policy

afPE Physical Education curriculum frameworks: Foundation Physical Education, end 2007

KS4 advocacy materials (end KS4), developed by afPE for CPD Consortium

Incorporating learning into schemes and units of work

Health related scheme of work

Health related units of work

Programme of extra curricular activities

**Initiative/resources/
programmes to help**

Developed from Zoneparc programme – Primary School Playground Development Resource available – YST www.youthsporttrust.org

Using the Outdoor Classroom: Learning and developing through playground games resource available – YST www.youthsporttrust.org

Developed from Personal Best Challenge Park programme – Secondary School Playground Development resource available - YST www.youthsporttrust.org

Get Active, Get Results resource – YST www.youthsporttrust.org

Schools on the Move – Yr 6 – 9 www.schoolsonthemove.co.uk

3.3 continued

Sky Living for Sport www.youthsporttrust.org
 Changing Lives – YST www.youthsporttrust.org
 Dreams and Teams – YST www.youthsporttrust.org
 TOP Link – YST www.youthsporttrust.org
 TOP Sport – YST www.youthsporttrust.org
 Step into Sport – YST www.youthsporttrust.org
 Young Ambassadors – YST www.youthsporttrust.org
 Take 10! – www.take10.net
 Dance links – Youth dance England – www.yde.org.uk
 Everyday Sport – www.everydaysport.co.uk
 Personal Best Challenge Parks – Secondary www.youthsporttrust.org
 Jump Rope for heart www.bhfactive.org.uk/jumprope
 Sport Education – YST www.youthsporttrust.org
 TOP Clubability – YST www.youthsporttrust.org
 Multi sports club – YST www.youthsporttrust.org
 Multi-skill Clubs – YST www.youthsporttrust.org
 Foundation & KS1 Participation Award – YST www.youthsporttrust.org
 TOP Activity – YST www.youthsporttrust.org
 Practical Guide to Teaching Dance, afPE & NDTA, March 2007 www.1st4sport.com
 Practical Guide to Teaching Gymnastics, afPE July 2007 www.1st4sport.com
 Every Child Matters: Measuring Moments of Progress and Inclusive Assessment, afPE July 2007 www.1st4sport.com
 Observing Children Moving, afPE www.1st4sport.com
 Observing and Analysing Learners Move afPE www.1st4sport.com
 Health Matters www.1st4sport.com
 Get Active Get Learning www.youthsporttrust.org
 Active Club Pack – BHF www.activeclubs.org.uk

3.3 continued

Active School Pack – BHF www.bhf.org.uk
 Junior Athlete Education – YST www.youthsporttrust.org
 High-quality PE and sport for young people www.teachernet.gov.uk/teachingandlearning/subjects/pe
 Level 1 Award in Lifestyle Management – Central YMCA www.cyq.org.uk
 How are schools developing the PE curriculum at Key stage 3 – QCA www.qca.org.uk
 Top 10 ways to increase participation in PESS at key stages 1 & 2 – QCA www.qca.org.uk
 Top 10 ways to increase participation at key stages 3 & 4 – QCA www.qca.org.uk
 Girls Active – YST www.youthsporttrust.org
 Sports Leaders UK awards – British Sports Trust www.bst.org.uk
 Healthy Primary School and Healthy Secondary School PE and School Sport Programmes – Teachers TV www.teachers.tv
 Planning and Funding extended schools: A guide for schools, local authorities and their partner organisations
www.teachernet.gov.uk
 PE and Sport: Out of School Hours Learning Guide YST&ContinYou www.youthsporttrust.org
 Breakfast Club plus resource pack and activities – ContinYou www.continyou.org
 Breakfast movers essential guide www.continyou.org

Case Study to help

Abbey Park Middle School – Worcestershire
 Mount Grace School – Leicestershire
 Combs Ford Primary Schools – Suffolk
 Lacon Childe School – Shropshire
 Bexley School Sport Partnership – Kent
 Hailsham Community College – East Sussex
 Bordesley Green Girls School – Birmingham
 Oliver Quibell Community Infant School – Nottingham
 Bordesley Green Girls School – Birmingham

**NHSP physical activity
criteria**
3.4

Provides opportunities for all children/young people to participate in a broad range of extra curricular activities that promote physical activity

**Types of information/
data to collect**

Number and nature of out-of-school hours learning opportunities (OSHL) and to whom they are offered
Pupil participation in OSHL opportunities
Number of special events offered
How OSHL activities are promoted to pupils and staff

**Tools/measures to use
Things you already
have to do!**

Programme of activities
Registers, Survey, Diary of events, Portfolio
PESSCL survey data

**Initiatives/resources/
programmes to help**

Developed from Zoneparc programme – Primary School Playground Development Resource available – YST www.youthsporttrust.org

Using the Outdoor Classroom: Learning and developing through playground games resource available – YST www.youthsporttrust.org

Developed from Personal Best Challenge Park programme - Secondary School Playground Development resource available – YST www.youthsporttrust.org

Step into sport – Yr 9 – 11 www.youthsporttrust.org

Young Ambassadors – Yr 11 – 13 www.youthsporttrust.org.uk

Multi Sport Clubs – YST www.youthsporttrust.org

TOP Play – YST www.youthsporttrust.org

Active Club www.bhfactive.org.uk/youngpeople

TOP Fun – YST www.youthsporttrust.org

TOP Activity – YST www.youthsporttrust.org

Get Active;Get Results – YST www.youthsporttrust.org

Take 10! – www.take10.net

Jump Rope for Heart www.bhfactive.org.uk/jumpropeforheart

3.4 continued

Get Moving;Get Active – YST www.youthsporttrust.org
 Everyday Sport www.everydaysport.com
 Multi-skills clubs – YST www.youthsporttrust.org
 Dance links – Youth dance England – www.yde.org.uk
 Junior Athlete Education – YST www.youthsporttrust.org.uk
 TOP Link – YST www.youthsporttrust.org.uk
 Norwich Union Girls Active – YST www.youthsporttrust.org
 Foundation & KS1 Participation Award – YST www.youthsporttrust.org
 National College for CPD in Physical Education www.afpe.org.uk
 Planning and Funding extended schools: A guide for schools, local authorities and their partner organisations
www.teachernet.gov.uk
 PE and Sport: Out of School Hours Learning Guide YST&ContinYou www.youthsporttrust.org
 Breakfast Club plus resource pack and activities – ContinYou www.continyou.org
 Breakfast movers essential guide – ContinYou www.continyou.org
 Active Club – BHF www.activeclubs.org.uk
 Active School – BHF www.bhf.org.uk

Case Study to help

Abbey Park Middle School – Worcestershire
 Mount Grace School – Leicestershire
 Bishops Castle Community College – Shropshire
 Combs Ford Primary Schools – Suffolk
 Lacon Childe School – Shropshire
 Hailsham Community College – East Sussex
 Oliver Quibell Community Infant School – Nottingham
 Brookfield High School and Sports College – Liverpool
 St Bede's Catholic College – Bristol
 Newker Primary School, Roseberry Primary School, Brandon Primary School, Trinity School – Durham

NHSP physical activity criteria

3.5

Consults with children/young people about the physical activity opportunities offered by the school, identifies barriers to participation and seeks to remove them

Types of information/data to collect

How and when pupils have been consulted
 Changes made as a result of consultation.
 Pupils' attitudes towards physical activity
 Number of pupils with specific medical conditions who engage in regular physical activity.
 Number of pupils who achieve 60 minutes of physical activity each day.

Tools/measures to use Things you already have to do!

Questionnaires, Discussion, Diary of events, Minutes/notes of school council meetings
 Teacher observations,
 Action/Development plan
 Survey
 Registers
 Pupil activity diary, participation award

Initiative/resources/programmes to help

Developed from Zoneparc programme - Primary School Playground Development Resource available – YST www.youthsporttrust.org
 National PE&SS CPD programme – Girls in Sport Module – contact Local Delivery Agency for local information or training www.youthsporttrust.org
 Gifted and Talented strand of PESSCL www.talentradder.org
 ChangingLives www.youthsporttrust.org
 Norwich Union Girls Active – YST www.youthsporttrust.org
 Findings of a consultation with young disabled people – Peter Harrison Centre for Disability Sport www.healthyschools.gov.uk
 TOP 10 tips on inclusion www.healthyschools.gov.uk
 The inclusion spectrum www.healthyschools.gov.uk
 The STEP model www.healthyschools.gov.uk
 National/Regional seminars for teachers of Physical Education/PSHE/Healthy Schools Coordinators www.afpe.org.uk

3.5 continued

Factors influencing children's participation www.healthyschools.gov.uk
 Considerations for girls www.healthyschools.gov.uk
 Considerations for children with a specific disability www.healthyschools.gov.uk
 Assessment for learning guidance – QCA www.qca.org.uk
 Gifted and Talented strand of PESSCL www.talentladder.org
 Top 10 ways to increase participation in PESS at key stages 1 & 2 – QCA www.qca.org.uk
 Top 10 ways to increase participation at key stages 3&4 – QCA www.qca.org.uk
 How are schools increasing participation in PESS – QCA www.qca.org.uk
 Making a difference: increasing participation in PESS – QCA www.qca.org.uk
 Living for Sport – YST www.youthsporttrust.org
 Obesity guidance for Healthy Schools Co-ordinators and their partners www.healthyschools.gov.uk
 School Asthma Pack, Out there are Active – Asthma UK www.asthma.org.uk
 AAAH!!! Project Resource pack – Asthma UK www.asthma.org.uk

Case Study to help

Combs Ford Primary Schools – Suffolk
 Lacon Childe School – Shropshire
 Sacred Heart Catholic High School – Newcastle
 Bournemouth and Poole School Sports Partnership
 Bordesley Green Girls School – Birmingham
 Grangefield Comprehensive School – Teeside

NHSP physical activity criteria	3.6 Involves Schools Sport Co-ordinators (where available) and other community resources in provision of activities
Types of information/data to collect	Who has attended School Sport Co-ordinator network meetings and how often Availability of up to date information on local activity opportunities Number of links to clubs/activities within the community Pupil participation in community clubs/activities
Tools/measures to use Things you already have to do!	Diary of attendance, Questionnaires, discussions, portfolio PESSCL survey data School list/record of ASLs
Initiative/resources/programmes to help	Get Active, Get Results resource – YST www.youthsporttrust.org Using the Outdoor Classroom: Learning and developing through playground games resource available – YST www.youthsporttrust.org Dreams and Teams – Yr 9 – 13 www.youthsporttrust.org TOP Link – Yr 9 – 11 www.youthsporttrust.org Active Club Pack – BHF www.activeclubs.org.uk Active School Pack – BHF www.bhf.org.uk TOP Activity – YST www.youthsporttrust.org Multiskills – YST www.youthsporttrust.org TOP Clubability – YST www.youthsporttrust.org PE and Sport: Out of School Hours Learning Guide YST & ContinYou www.youthsporttrust.org
Case Study to help	Bishops Castle Community College – Shropshire Lacon Childe School – Shropshire Bexley School Sport Partnership – Kent Brookfield High School and Sports College – Liverpool St Bede's Catholic College – Bristol Westmorland Primary School – Stockport Newker Primary School, Roseberry Primary School, Brandon primary School, Trinity School – Durham

**NHSP physical activity
criteria**
3.7

Encourages children/young people, parents/ carers and staff to walk or cycle to school under safer conditions, utilising the school travel plan

**Types of information/
data to collect**

What action the school is taking to promote active travel
 Number of pupils, parents and staff who usually walk or cycle from/to school
 Number, of pupils taking part/completing pedestrian and/or cycle training.
 Proportion of pupils living within ½, 1 and 2 miles of school who walk or cycle.
 Numbers of pupils taking part in walking bus or park and stride schemes.
 Number of bikes regularly using secure cycle storage facilities.
 What are the main barriers to pupils, parents and staff walking or cycling to school.

**Tools/measures to use
Things you already
have to do!**

School Travel Plan, School Travel Policy
 School Travel Questionnaire
 School Travel Action Plan
 Plots of popular walking and cycling routes
 Maps showing local walking and cycling routes.

**Initiative/resources/
programmes to help**

Walk once a week (WOW) www.walktoschool.org.uk
 International Walk to School www.iwalktoschool.org
 Walk to School Week www.walktoschool.org.uk
 Cycle and pedestrian training www.bikeability.org.uk www.kerbcraft.org/
 National bike week www.bikeweek.org.uk
 Links to Schools www.sustrans.org.uk
 Schools on the Move www.schoolsonthemove.co.uk
 STP Grants for schools www.teachernet.gov.uk/_doc/9532/schooltravelplanscapitalgrants.doc
 National curriculum links - sustainable travel as a topic. www.databases.dft.gov.uk/schools/
www.saferoutestoschools.org.uk/?c=11000&t=curriculumlist.htm
 Key steps in developing a school travel plan www.healthyschools.gov.uk

3.7 continued

Active travel cross-curricular activities www.healthyschools.gov.uk
 Range of surveys available from Sustrans www.sustrans.org.uk
 How to develop a school travel plan – Sustrans www.sustrans.org.uk
 Travelling to school: A good practice guide Dept for Transport www.dft.gov.uk
 A safer journey to school: A guide to school travel plans DFT www.dft.gov.uk
 Travelling to school: an action plan DFT www.dft.gov.uk
 School Travel Initiatives – A practical guide to pupil participation – Sustrans www.saferoutestoschools.org.uk
 National standard of cyclist training for young people www.ctc.org.uk/cycletraining
 Walk once a week www.walktoschool.org.uk
 Cycle Parking for Schools www.saferoutestoschools.org.uk
 Bike it www.bikeit.org.uk

Case Study to help

Holmer Green First School – High Wycombe
 St Luke’s School – Lancashire
 Grangefield Comprehensive School – Teeside
 Newker Primary School, Roseberry Primary School, Brandon primary School, Trinity School – Durham
 Florence Melly Community Primary School – Liverpool

NHSP physical activity criteria	3.8 Gives parents/carers the opportunity to be involved in the planning and delivery of physical activity opportunities and helps them to understand the benefits of physical activity for themselves and their children.
Types of information/data to collect	Number of parents who have been involved in planning and delivering physical activity Physical activity opportunities offered to parents and interest in these activities Parents' attitudes towards physical activity provision. How parents are informed about the benefits of physical activity
Tools/measures to use Things you already have to do!	List of ASLs who are parents, record of parent consultations Diary of events, registers, parent/staff feedback Discussion, survey Portfolio
Initiative/resources/ programmes to help	Walking the way to health www.wsi.org.uk Schools on the Move www.schoolsonthemove.co.uk Active Club Pack www.bhfactive.org/youngpeople Jump Rope for Heart www.bhfactive.org.uk/jumprope TOP Play – YST www.youthsporttrust.org Foundation & KS1 Participation Award – YST www.youthsporttrust.org Get Moving..Get Active – YST www.youthsporttrust.org.uk Community Sports Leaders qualifications – British Sports Trust www.bst.org.uk Get Kids on the Go – BHF parent booklet www.bhf.org.uk Think Fit! – BHF www.bhf.org.uk/thinkfit
Case Study to help	Deepdale Junior School – Lancashire Brookfield High School and Sports College – Liverpool Westmorland Primary School – Stockport

NHSP physical activity criteria	3.9 Ensures that there is appropriate training provided for those involved in providing physical activities
Types of information/data to collect	Number of training courses and other cpd opportunities attended by staff/activity leaders List of ASLs involved in supporting physical activity provision and the qualifications they have
Tools/measures to use	PE Department records
Things you already have to do!	
Initiative/resources/programmes to help	National PE and School Sport Development Programme TOP Activity – YST www.youthsporttrust.org The Association for PE School Induction pack for Adults Supporting Learners – AfPE www.afpe.org.uk Jump Rope for Heart – BHF www.bhf.org.uk/jumprope Active Club – BHF www.activeclubs.org.uk Safe practice in PE www.1st4sport.com Community Sports Leaders qualifications – British Sports Trust www.bst.org.uk
Case Study to help	Bishops Castle Community College – Shropshire Lacon Childe School – Shropshire Bexley School Sport Partnership – Kent South Petherwin Primary School

NHSP physical activity criteria	3.10 Encourages all staff to undertake physical activity
Types of information/ data to collect	Physical activity opportunities offered to staff and interest in these activities Staff attitudes towards physical activity provision.
Tools/measures to use	Diary of events, registers, staff feedback
Things you already have to do!	Discussion, portfolio, survey
Initiative/resources/ programmes to help	Well@work www.bhf.org.uk/thinkfit Walking the Way to Health www.wsi.org.uk Schools on the Move www.schoolsonthemove.co.uk
Case Study to help	Oliver Quibell Community Infant School – Nottingham Trinity St Mary's Primary School – Essex

Organisations



The British Heart Foundation National Centre for Physical Activity and Health (BHFNC)

is based within the School of Sport and Exercise Sciences at Loughborough University and is funded by the British Heart Foundation (BHF), the nation's heart charity.

The BHFNC's role is to translate research into practice and provide schools with guidance to help develop informed practice. The production of the Physical Activity (for the National Healthy Schools Programme) Booklets is one of the many ways in which BHFNC and BHF work together to raise the profile of physical activity within the health agenda and demonstrates a shared commitment to developing and promoting initiatives that will help professionals encourage children and young people to take more activity as part of everyday life. This resource was edited by Sonia McGeorge (BHFNC Co-Director) and Anna Chalkley (Young People Project Officer). For further information about the work of the BHFNC, please visit the website at www.bhfactive.org.uk.



Youth Sport Trust

Youth Sport Trust

The Youth Sport Trust is a registered charity, established in 1994. Our aim is to build a brighter future for young people by enhancing the quality of their physical education (PE) and sporting opportunities.

We want young people to have the chance to experience and enjoy different types of activity at whatever level is right for them. We want to ensure youngsters receive the best teaching, coaching and resources possible and have the chance to progress if they show talent. Above all, we want to help our young people to live healthy and active lives and to be the best they can be.

We have made huge strides towards making the vision of high quality PE and sporting opportunities for young people a reality. As we head towards 2012, it's time for everyone to get involved! www.youthsporttrust.org

Organisations

Department for *Transport*

School Travel Advisers

The role of an STA

To develop, promote and coordinate the delivery of school travel plans, and provide support for the implementation of actions and initiatives resulting from them.

To develop a local strategy for the long-term provision of support for School Travel Planning ensuring its long-term sustainability.

Main duties

To develop and coordinate support for school communities, creating and implementing school travel plans, and assisting schools to progress funding bids. To form and facilitate a group of relevant partners into a School Travel Strategy Group to support the development of a local strategy. To promote and implement school travel plans across the authority, linking to appropriate transportation, education, social inclusion, health and community strategies.

To consider, develop and implement a promotion and publicity strategy for school travel plans which will ensure that schools are aware of and know how to access relevant and appropriate information and guidance. To disseminate information about school travel plans through presentations and existing publications, and through the identification of other opportunities.

www.dft.gov.uk



AfPE

The Association for Physical Education (afPE) is committed to being the UK representative organisation of choice for people and agencies delivering or supporting the delivery of physical education in schools and in the wider community.

Our purpose is to promote and maintain high standards and safe practice in all aspects and at all levels of physical education, influencing developments in physical education at national and local levels.

We provide quality assured services and resources, and valuable professional support for members and the teaching profession through a range of high quality CPD opportunities, regular updates, advice, insurance cover and dedicated helplines for health & safety and legal advice.

www.afpe.org.uk

Organisations

department for
children, schools and families

DCSF

The DCSF and its Ministers are responsible for the School Food Programme. This includes setting the nutritional standards that apply to all school food, providing additional funding to support the improvement of school food and deciding the overall direction of the Programme.

It works closely with the School Food Trust to achieve the shared aim of promoting the education and health of children and young people by increasing the quality of food supplied and consumed in schools.

www.dcsf.gov.uk

National Healthy Schools Programme



Healthy Schools
Healthier Living & Learning

A joint Department of Health and Department for Children, Schools and Families initiative which promotes a whole school approach to health.

www.healthyschools.gov.uk

department for
children, schools and families



Physical Activity^{HS}

Thank you



Healthy Schools

www.healthyschools.gov.uk