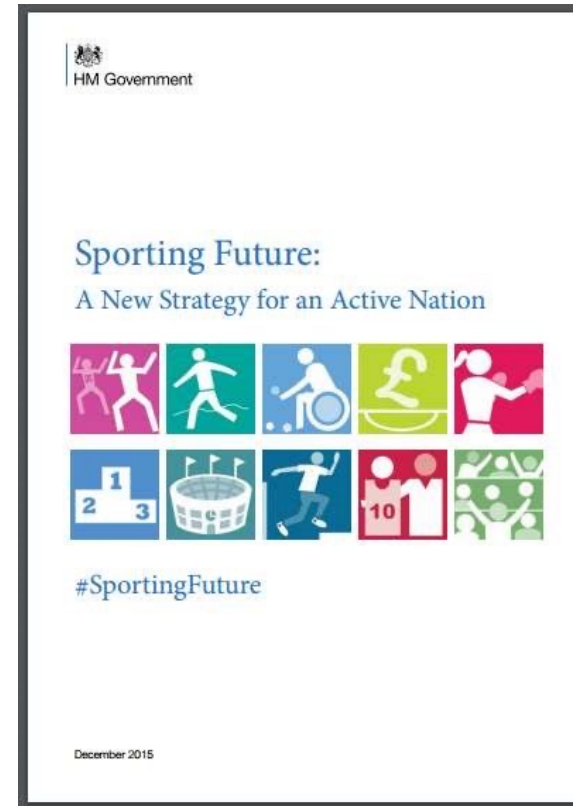




The Childhood Obesity Strategy: How Daily Physical Activity Can Improve Outcomes For All Pupils

Sporting Future A New Strategy for an Active Nation

- Multi- departmental (DfE, DH and DCMS)
- First new strategy since London 2012
- Focus on 5 key outcomes of sport
 - physical wellbeing
 - mental wellbeing
 - individual development
 - social and community development
 - economic development
- Sport England's remit changed from investing in sport for those aged 14 and over to supporting people from five years old right through to pensioners, in a bid to create a more active nation

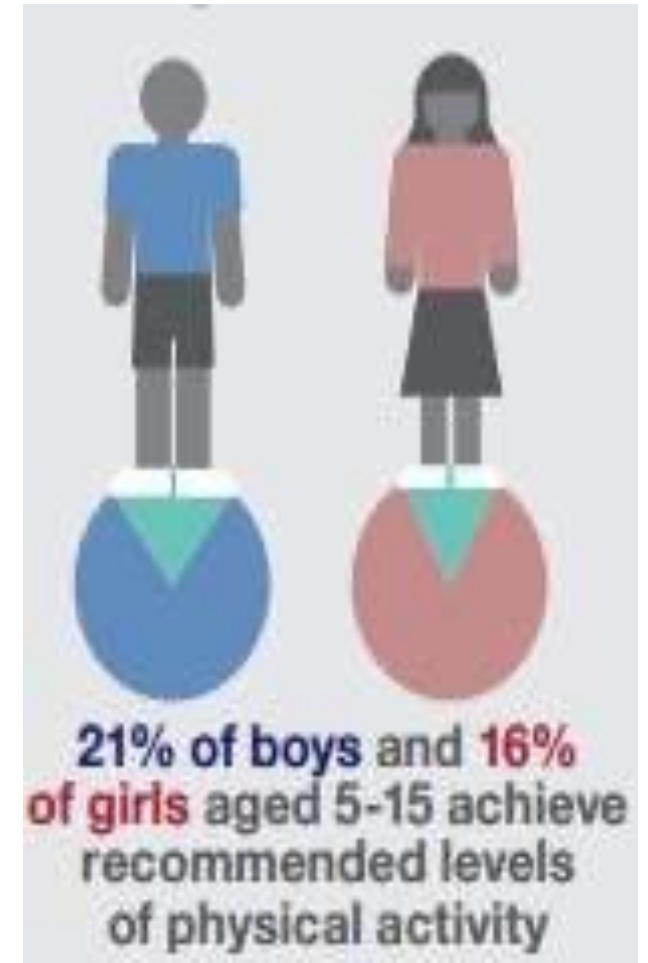


Everybody active, everyday

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- over one in four women and one in five men do less than 30 minutes of physical activity a week, so are classified as 'inactive'¹
- physical inactivity is the fourth largest cause of disease and disability in the UK⁴

Depression is increasing in all age groups. People who are inactive have three times the rate of moderate to severe depression of active people.²⁸ Being active is central to our mental health.²⁹



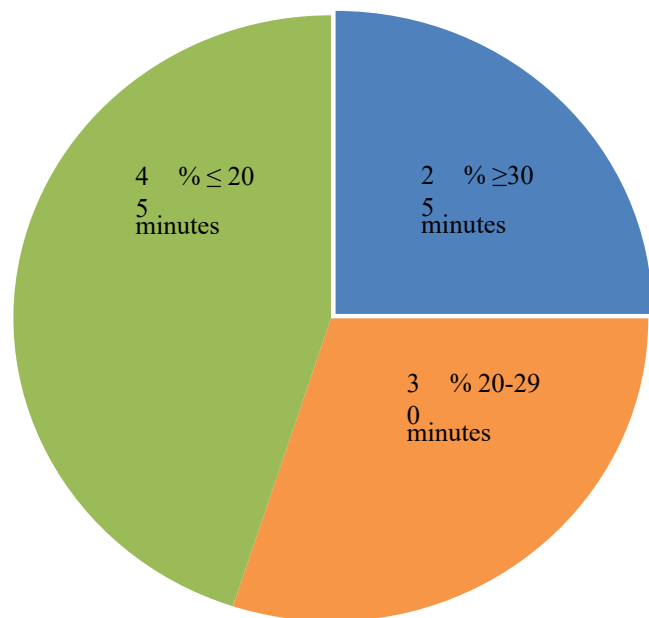
Childhood Obesity Strategy (Aug 2016)

- Every primary school child should get at least 60 minutes of moderate to vigorous physical activity a day. At least 30 minutes should be 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 of school time.
- From September 2017, we will introduce a new voluntary healthy rating scheme for primary schools to recognise and encourage their contribution to preventing obesity by helping children to eat better and move more. This scheme will be taken into account during Ofsted inspections.
- 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, and so schools will have an opportunity to demonstrate what they are doing to make their pupils more physically active.



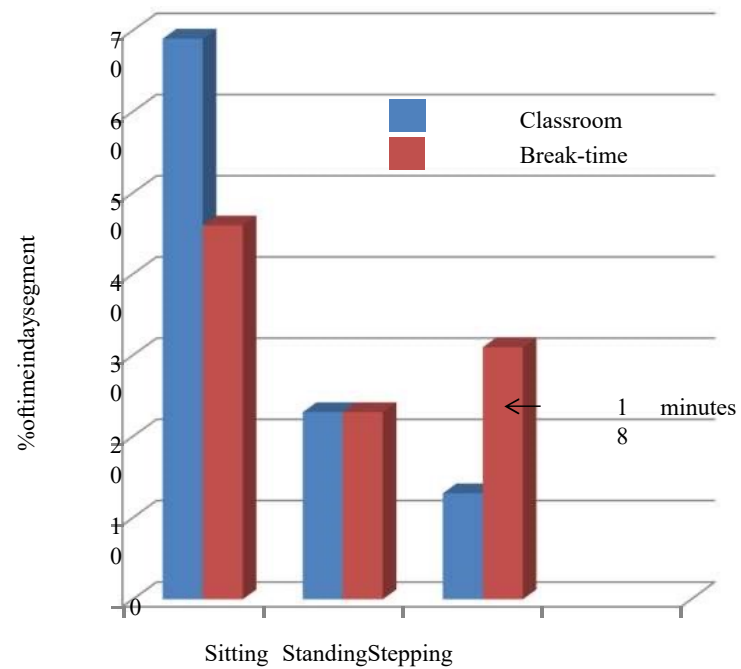
How active are children?

% children meeting recommendation of 30 min MVPA/school day



190 7-9 year olds from 9 schools

Average minutes of MVPA = 23 minutes



How can 10 extra minutes MVPA/day be achieved in school time?

All full time pupils are accessing 1K a day in school to ensure we meet the 30 minutes per day in school time.

What have we and other schools noticed since we introduced this?

The Daily Mile has numerous benefits to children, whether they run, jog or walk.

- 1 Within 4 weeks, children who do The Daily Mile become fit.
- 2 The 15 minute break from lessons is invigorating and leaves children (and teachers!) more focused and ready to learn.
- 3 The time spent outside, in all weathers, helps children become better engaged with the outdoors and aware of their surroundings.
- 4 The Daily Mile is non-competitive, fully inclusive, and the children have fun!
- 5 The Daily Mile is also a social occasion, and improves relationships, giving children the opportunity to talk to their peers and teachers in a way they might not in the classroom.
- 6 The Daily Mile builds teamwork and leadership skills, with children helping and encouraging their peers.
- 7 Children bring the benefits home, eating and sleeping better and encouraging their families to get active together.
- 8 The Daily Mile builds self-esteem and confidence, improving children's perception of exercise for life.
- 9 The Daily Mile is critical to reducing childhood inactivity and obesity. Children are getting fatter, younger, and we need to stop this in its tracks. Early scientific studies show that the level of obesity at St Ninian's School is around 45% less than the national average.



Please enjoy the video then go to your child's classroom to collect your child/children and enjoy the 1K together before going home.

Thank you for coming and for your support.

Stanley Grove School –
Working and Learning Together.