



Agilitas Sports

30:30 Active Minute Ideas

The Government Childhood Obesity Plan has set out the ambition for all children to achieve one hour of physical activity every day, with schools being responsible for delivering 30 of these active minutes.

Below you will find ideas for schools to try in order to create an Active School and to help children to increase the amount of time that they are active during and beyond the school day.

For more resources check out the website www.activeschoolplanner.org.

Travel to and from School	Activities Before School	Active Classrooms	Activities at Break Times	Activities at Lunch Times	Activities After School
Bikeability Balanceability* Walk to School Week	Wake and Shake Club led by pupils	Use Activate* to prepare to work / wake up / calm down	Change4Life Play Leader Activity Pack to help older children lead activities	Positive Play* training for lunchtime supervisors and young leaders	Staff or Coach led Sports Clubs and fixtures*
Wow Travel Tracker	Introduce activity to your breakfast club e.g. Change4Life	Simple activity breaks e.g. BBC Super Movers	Playground Leaders. Trained through a local provider*		Change4Life Sports Club . See your SGO for help
The Golden Boot Challenge	Set up the playground with a termly Personal Challenge (Level 0) e.g. number of skips per min	Provide CPD for staff to support them to make lessons more active*	Trim Trail or Outdoor Gym equipment*		C4L Activity Finder
	Start the day with 10 minutes of activity using BBC Super Movers / 5 A Day TV / Go Noodle or Activate*	Cross curricular ideas from the Premier League Primary Stars	Set up the playground with a termly Personal Challenge (Level 0) e.g. number of skips per min	Employ lunchtime staff / Sports Coaches to lead activities*	Direct to local clubs. If you are unable to signpost get help from SGO or CSP

School travel plan	Children /Staff / Parents join in The Daily Mile	More curriculum PE time.		School Games Inter School Competitions	Competitions against local schools
Start small and promote walking (or cycling/ scooting) to school one day a week i.e. Walk to School Wednesdays	Play music when the children line up for school and have a dance	School Games Level 2 events*			CPD for staff to raise confidence to lead clubs*
Encourage parents that need to use their car to park a little further away and walk to and from school e.g. PARK and STRIDE	Maths of the Day* Tagtiv8* CLASS PAL YST Ideas / Resources Train Like a Jedi Go Noodle Jo Wicks Schools Fitness week and online workouts Fit For Life* 10 Minute Shake Up from Change4Life with Disney Active Kids 2010 BBC Super Movers 5 A Day TV Jack Hartmann Kids Music Channel imoves active blasts* imoves active school challenge* imoves active lessons* Dan the skipping man Jump Rope for Heart Val Sabin Skillax* Val Sabin Active Play Every Day*				Recruit parent volunteers to lead / assist with clubs
Ensure you have appropriate storage for scooters & bikes. Sustrans guidance					Employ an apprentice or TA*
Sustrans provide a whole range of guidance and case studies.					Set an Active Homework
Work with parents/volunteers to start a walking bus or scooter club Crocodile App					Legacy Challenge or other personal challenges to be done at home

N.B. This bank of activity ideas/providers has been put together from a variety of Nationally recognised resources, free online resources, paid for resources, providers recommended by ourselves, other SSPs and schools. We can't vouch for the quality or value for money of all these but hope this provides a starting point for schools to select what is best for them. We have attempted to indicate with a '*' ideas which would have a cost attached.

69 Casterton Road, Stamford, Lincolnshire PE9 2UB
Tel: 07775 653297 email: agilitassports@gmail.com
web: www.agilitassports.com

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