

ONE COUNTY
ONE MISSION
ONE NETWORK



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#LincsSchoolsStandUp



inspire+



Foreword:

'The link between pupil health and wellbeing and attainment', a briefing released by Public Health England in 2014, confirms that education and health are closely linked. Promoting the health and wellbeing of young people within schools has the potential to improve their educational outcomes *and* their health and wellbeing. The culture, ethos and environment of a school influences the health and wellbeing of pupils and their readiness to learn. Pupils with better health and wellbeing are likely to achieve better academically.¹

The Department of Health recently updated their 'Start Active, Stay Active' report in 2016. This report, on physical activity for health, recommends all children and young people should **minimise the amount of time spent being sedentary** (sitting) for extended periods. Emerging evidence indicates that sedentary behaviours are associated with overweight and obesity and metabolic dysfunction in young people.²

To help children meet these guidelines, opportunities to be physically active need to be available on a daily basis within the constraints of other pressures such as school learning time. **Incorporating 'active lessons' and/or active breaks into teaching and learning pedagogy can potentially have a huge impact, not only on their students' health and wellbeing, but also on their achievement whilst at school.**

From September 2017 The Obesity Strategy requires every primary school child to 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.⁶

All Lincolnshire schools and colleges are invited to take part in the 'Lincs Schools Stand Up' challenge on 23rd June 2017.

The challenge is for teaching staff to plan and deliver 'active lessons' which involve their students becoming active and on their feet for a minimum of 50% of their normal classroom lesson time.

The challenge will encourage teaching staff to consider their role in promoting active lifestyles and minimising sedentary behaviour within the school environment. **Each member of staff will be invited to make a pledge to deliver three active lessons per week.** Please continue to read this document to find out the rationale behind this challenge and the 'Lincs Schools Stand Up' event and how your school can take part.



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THE PROBLEM

Too many young people have inactive lifestyles:



THE CONSEQUENCES

Current levels of inactivity are damaging children's physical and emotional wellbeing:

- One in five children are overweight or obese before they reach primary school. One in three are obese or overweight when they leave primary.
- Increased risk of developing mental health problems such as depression and anxiety.
- Increased risk of chronic conditions such as type 2 diabetes and heart disease.
- One in six UK deaths are now attributed to insufficient physical activity.

Limiting children's ability to succeed at school and in life:

- Low levels of physical activity and aerobic fitness are associated with declines in academic achievement, cognitive abilities, brain structure and brain function.
- Research shows association between obesity at 11 years of age and poorer academic achievement in GCSE exams five years later, particularly in girls.
- The average 12 year old spends 260 minutes of their time sedentary (sitting) whilst at school.
- This increases by the age of 15 with the average student spending a staggering 295 minutes sedentary.⁴
- This is particularly worrying given that 171 minutes spent sitting down can cause a 33% drop in vascular function.⁵

Link between physical activity and attainment:

- There is emerging evidence of an association between physical activity and attainment.
- There is evidence of an inverse relationship between time spent being sedentary at age 14 years and GSCE results by age 17.
- There are studies that support a positive association between single bouts of exercise and attainment and those which point to a longer-term association between moderate to vigorous physical activity levels and attainment in some subjects.
- A report undertaken by the Youth Sport Trust found that between 2007 and 2010 the proportion of students achieving 5 A*-Cs at specialist Sports Schools improved by 7.8% compared to a national average of 4%.³

Obese children (Year 6) 2014/15

Proportion - %

Area	Recent Trend	Count	Value	95% Lower CI	95% Upper CI
England	↑	101,357	19.1	19.0	19.2
Lincolnshire	→	1,325	19.4	18.5	20.4
Boston	↑	159	23.9	20.8	27.3
East Lindsey	↑	279	22.9	20.7	25.4
Lincoln	→	177	21.2	18.6	24.2
North Kesteven	→	141	13.0	11.2	15.2
South Holland	→	173	23.4	20.5	26.6
South Kesteven	→	239	17.1	15.2	19.2
West Lindsey	↓	157	17.6	15.3	20.3

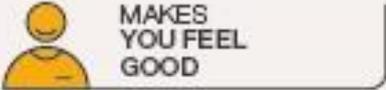
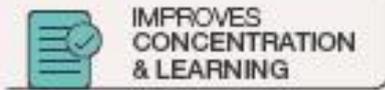
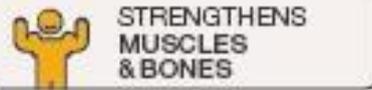
Source: Health and Social Care Information Centre, National Child Measurement Programme



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



Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer



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



Sit less



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

The Challenge!

#LincsSchoolsStandUp

23rd June 2017

Lincs Schools Stand Up is a challenge for all schools and colleges to ensure their students are physically active for at least 50% of normal classroom lesson time. The main challenge is to be completed by your whole school, however, individual lessons, classes, year groups and/or staff can take part on the day.

Whole School Challenge:

- ✓ All teaching staff to plan and deliver innovative 'active lessons' throughout the day.
- ✓ Primary Schools a minimum of one active lesson during the day for each class.
- ✓ Each active lesson must involve students on their feet for at least 50% of their lesson time.
- ✓ Incorporate 'active breaks' to break up sustained periods of sitting.
- ✓ Schools encouraged to hold a 'Standing Assembly' during the day, highlighting the need for young people to stay active and reduce time spent sitting down.
- ✓ Any staff meetings that day to possibly become 'Standing Meetings' where possible.
- ✓ Schools to promote 'Active Travel' to parents leading up to the event.

Throughout the school day, staff and students are encouraged to take photographs and videos* to post on Twitter using the hash tag - #LincsSchoolsStandUp.

*Please ensure all necessary photo consent is obtained before any photo/film is shared.

Staff Resources, Guidance and Support

All staff are encouraged to share their active lesson plans and innovative active break ideas. We intend to make this event an annual feature in the Lincolnshire school calendar and build a portfolio of active lessons giving teachers more confidence and motivation to take part.

Please send any contributions to agilitassports@gmail.com. All contributions will be credited and very much appreciated. We will aim to circulate this portfolio a month prior to the event date.

How do I get my school involved?

Simply contact Rupert Gibson (agilitassports@gmail.com) prior to 23rd June 2017 to start sharing & receiving resources and register your schools involvement.

After #LincsSchoolsStandUp please;

- Send in your pledges to try and reduce sedentary time in school.
- Keep sending in your brilliant ideas so we can keep sharing.

References and Publications

¹The link between pupil health and wellbeing and attainment: A briefing for head teachers, governors and staff in education settings:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/370686/HT_briefing_layoutvFINALvii.pdf

²Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216370/dh_128210.pdf

³What works in Schools and Colleges to increase Physical Activity? A briefing for head teachers, college principals, staff working in education settings, directors of public health and wider partners:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/469703/What_works_in_schools_and_colleges_to_increas_physical_activity.pdf

⁴Harding, SK et al, 2015, 'Longitudinal changes in sedentary time and physical activity during adolescence' *International Journal of Behavioral Nutrition and Physical Activity*, vol 12, no. 1, pp. 44., 10.1186/s12966-015-0204-6

⁵McManus, AM et al, 2015, 'Impact of prolonged sitting on vascular function in young girls' *Journal of Experimental Physiology*, vol 100, no. 11, pp. 1379-1387., 10.1113/EP085355

⁶Childhood Obesity - A plan for action: <https://www.gov.uk/government/publications/childhood-obesity-a-plan-for-action/childhood-obesity-a-plan-for-action>

Thank you to Alex Sherwood of Sirius Academy West for his work on Hull Schools Stand Up 2016 much of which is replicated here with his kind permission. Thanks also to Dr Ash Routen of Loughborough University for his support and inspiration behind the Hull Schools Stand Up challenge. Please follow @CLASS_PAL to receive updates on his exciting new research project exploring ways for teachers to increase movement and reduce sitting in the classroom.



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#LincsSchoolsStandUp



My name is _____

I teach at _____

My school took part in Lincs Schools Stand Up 2017.

I am making a personal pledge to deliver at least three active classroom based lessons every week to help my students reduce their time spent sedentary and improve their overall health, wellbeing and attainment.

Signed _____

Date: _____



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