



South Norfolk SSP 30 Active Minutes Ideas

The Government's Childhood Obesity Plan has set out a target for all children to achieve 60 minutes of physical activity every day with schools being responsible for delivering 30 minutes. Below you will find several ideas to help your school become more active and increase the time children are active throughout the school day.

For more resources and guidance on how to make your school more active visit www.activeschoolplanner.org

Active Travel	<ul style="list-style-type: none">• Encourage pupils to walk, scooter or cycle to school?• Encourage parents to park further away from school to collect their children.• Can you start a walk to school week? Or walk to school Wednesday?• Can you explain the benefits to others of walking, scooting, or riding to school?• Can you organise cycle training for your school- Bikeability?• Ensure there is adequate storage for cycles and scooters at school.• Look out for walk to school and cycle to school weeks. (National initiatives)
Active Before School	<ul style="list-style-type: none">• Start the day 10 minutes early and introduce activities to the children.• Set up playground equipment for children and parents to take part in a termly challenge.• Introduce activity to school's breakfast clubs. Use the Change for life 10-minute activity cards.• Consider setting up a daily mile for parents and pupils.
Active Lessons	<ul style="list-style-type: none">• Ensure during lessons pupils do not sit down for too long.• Provide staff with CPD- Active English, Active Maths.• Research websites and resources designed to make learning active.• Look at Supermovers sessions.• Look at Premier League Stars sessions.
Active Breaks/ Lunchtimes	<ul style="list-style-type: none">• Work with other active crew members to organise fun games and activities for other pupils to take part in at lunchtimes.• Use the SNSSP virtual event resources to run activities in your school.• Work with school staff to set up an intra house competition to run during lunchtimes.• Train midday supervisors to deliver activity sessions.• Employ a sports coach during lunch for certain year groups (on rotation).

	<ul style="list-style-type: none"> • Music or theatre zone, Quiet reading/ colouring area. • Zoned playground- ball games, skipping, personal challenge. • Set personal best challenges each week. • Train sports leaders in year 5/6 to run personal best challenges or activities. • Invest in a trim trail for your school.
Active After School	<ul style="list-style-type: none"> • Review your clubs on offer and encourage all to pupils to attend 1 club after school. • Start a change for life club with the less active children. • Set Active homework for children. • Use skills from other staff not just PE department to run after school clubs. • Offer clubs use of your facilities and in return they run a free after school activity for your children.
Active volunteering	<ul style="list-style-type: none"> • Help in extracurricular clubs. • Equipment monitors. • Officiate. Act as a timekeeper, scorer or team manager during intra school events.
Activity Promotion	<ul style="list-style-type: none"> • Help make sure School Games Activity is included in your school's newsletter, website or on social media. • Keep school informed by taking promoting the School Games and the benefits of physical activity in school assemblies.
Activity Suggestions	<ul style="list-style-type: none"> • Set up a suggestions/ comments box in school. This could be ideas for activities or thank you messages for things pupils have really enjoyed or things they would like to change. • Survey pupils in your school to find out what clubs pupils like? What would you change about school PE to make it better? • Research barrier to physical activity in your school?