



As a COMMUNITY can we make small changes which could make a difference to both our lives and the lives of the young people around us?

active kids learn better



physical activity at school is a win-win for students and teachers

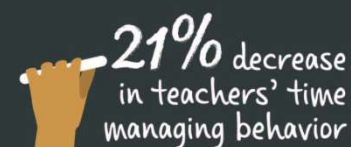
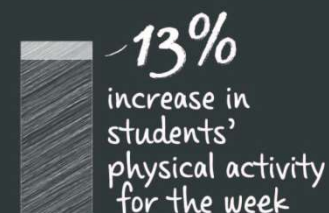
GRADES:



STANDARDIZED TEST SCORES:

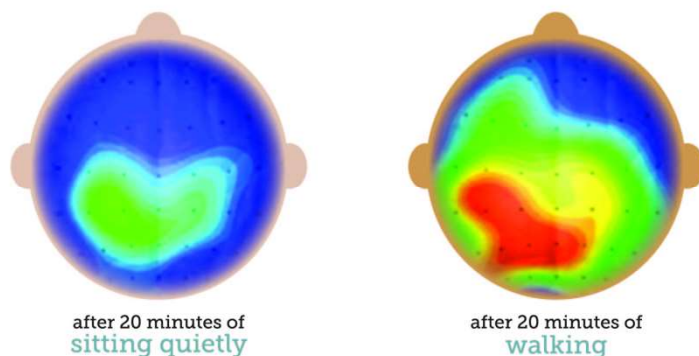


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



Red areas are very active; blue areas are least active.

MORE RESULTS:

after 20 minutes of physical activity:

students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:

memory tasks improved 16%

SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

Two small changes to our daily lives which can make a massive difference

As a school we are proud of how the pupils take the opportunities school offer to be active. There are two simple ways to ensure it is a habit that will be carried into daily life outside Robert Bloomfield Academy.

Calling all pupils, parents and staff...can we make the most of the summer light and the good weather and get involved with the Healthy Active School Challenge?

- ▶ Active mile – every day can you walk, jog or run one mile? Or be involved in an activity for 30minutes?
- ▶ Healthy food swaps – can you look to swap foods and drinks with lots of sugar, salt, and fat in or reduce your intake per day?
- ▶ CAN YOU GET INVOLVED?...If yes, then let us hear all about it, send in your photos or small write ups.

In school – break and lunch times

- 10 laps round the three netball courts on top play ground
- 2 laps of top and bottom field
- 5 laps and a 3rd of the 300m athletics track

Outside of School

Robert Bloomfield Academy – Post office = 0.4 miles

Robert Bloomfield Academy – Jet Petrol station = 0.2 miles

Robert Bloomfield Academy – Kirkbys Gym = 0.7 miles (Via Kingfisher road)

Robert Bloomfield Academy – Morrison's = 0.7 miles (Via Kingfisher road)

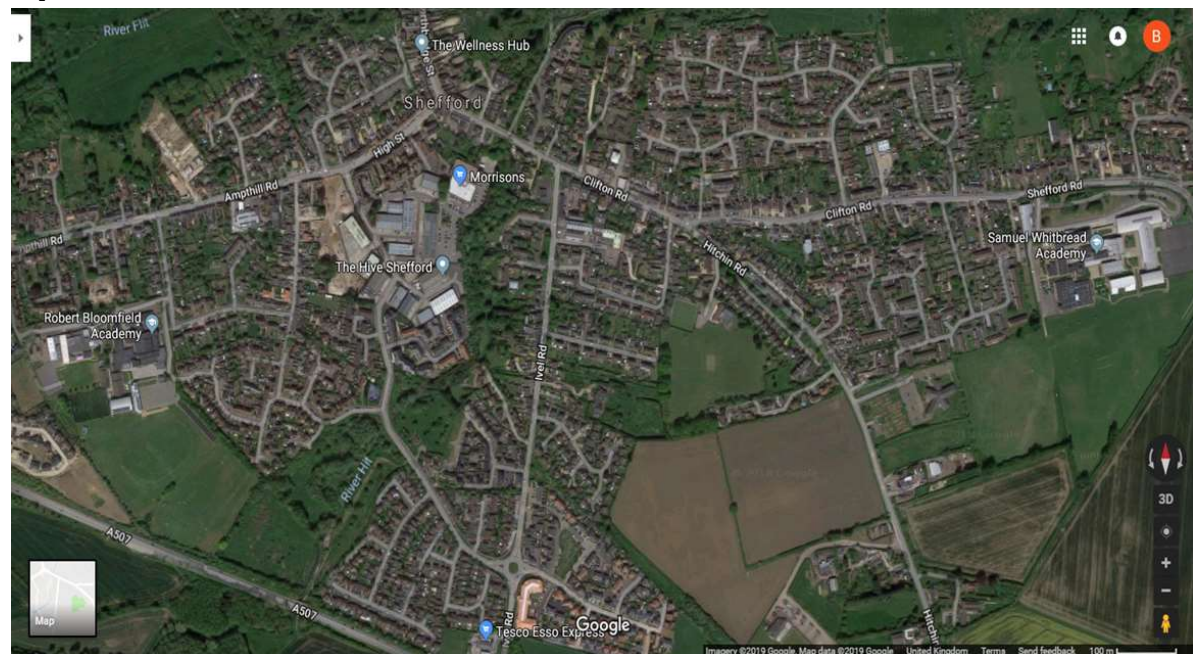
Robert Bloomfield Academy – The Wellness hub = 0.4 miles


Robert Bloomfield Academy - Baptist Church = 0.7 miles

**Robert Bloomfield Academy
Great Hill = 0.8 miles**

**Robert Bloomfield Academy
Samuel Whitbread = 1 mile**

**Robert Bloomfield Academy
Tesco Express Petrol Station
= 1.1 miles**



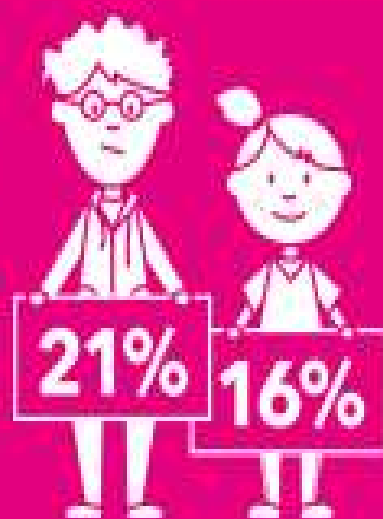


The following slides
EXPLAIN
why it is so important to
act now.

PE, Physical Activity and School Sport has never been more important

Too many young people have inactive lifestyles:

**21% of boys and
16% of girls meet
the minimum
recommended
guidelines for
physical activity¹**



**Children born
today are on
course to be
35% less active by
2030 (compared to
1961 levels)²**



Source: YST

THE HEALTH CHALLENGES OF CHILDREN TODAY



4 IN 5 YOUNG PEOPLE
are not active enough for
maintaining good health

25%

of 11-15 year olds report
not getting enough sleep



10% OF 11-16 YEARS
olds have a mental health
disorder

92%

of 15-16 year olds suffer
exam related stress



52% OF 11-15 YEARS OLDS
report eating 5 portions of
fruit and veg a day

33%

of year 6 pupils are
overweight or obese

MENTAL HEALTH

Referrals to specialist mental
health services increased by
64% between 2012 - 2015

BULLYING

1 in 4 15 years olds have
suffered from bullying

SELF-HARMING

20% of 15 year olds are
self-harming

BODY CONFIDENCE

13% of 11-16 year olds have
poor body confidence

DIABETES

29,000 children under the age
of 14 with diabetes with 4%
being type 2

SOURCES

Health survey for England 2012
Association for young peoples health

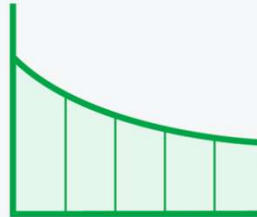
What about YOUth Survey (2014)
National Child Measurement Programme

CHILDREN ARE NOT ACTIVE ENOUGH



CHILDREN ARE NOT ACTIVE ENOUGH

as only 19% achieve recommended levels



ACTIVITY LEVELS DECLINE

as children age, especially in girls where by ages 13-15 only 8% are active enough



Disabled people are half as likely as non-disabled people to be active



Sitting time is increasing and risking children's health



21%

16%

Girls are less active than boys, with only 16% achieving activity guidelines



Active play declines with age

CHILDREN WALKING TO SCHOOL
has declined since 1995



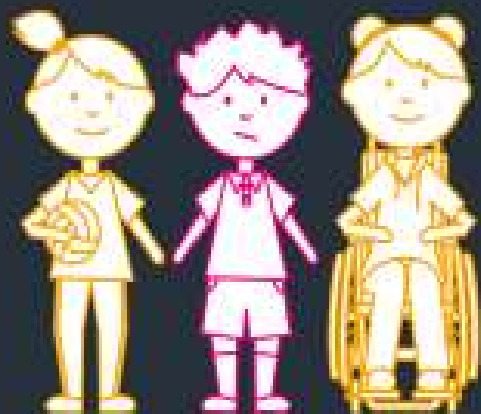
Children from low income families are more likely to be inactive

SOURCES

UK Physical Activity Report Card 2016
Everybody active, every day 2014
National Travel Survey, England 2015

Current levels of inactivity are:

Damaging children's physical and emotional wellbeing



One in three children who leave primary school **are obese or overweight**³



Increased risk of developing **mental health problems** such as depression and anxiety



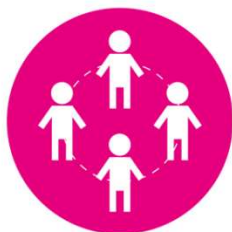
Increased risk of chronic conditions such as **cancer**, **type 2 diabetes** and **heart disease**⁴

Source: YST

REGULAR PHYSICAL ACTIVITY HAS MANY HEALTH BENEFITS FOR CHILDREN



AT LEAST 60 MINUTES A DAY....



**BUILDS CONFIDENCE
AND SOCIAL SKILLS**



**IMPROVES HEALTH
AND FITNESS**



**MAKES YOU
FEEL GOOD**



IMPROVES SLEEP



IMPROVES MOOD



**MAINTAINS
HEALTHY WEIGHT**



**DEVELOPS
CO-ORDINATION**



**REDUCES THE RISK OF
DEVELOPING HEALTH
CONDITIONS IN ADULTHOOD**

SOURCES

Start Active, Stay Active report 2011

ACTIVE PUPILS PERFORM BETTER



**ACADEMIC
RESULTS
IMPROVE**



**HAPPIER, MORE
MOTIVATED AND
CONFIDENT PUPILS**



BRAIN FUNCTION IMPROVES

Brain functioning improves leading to better concentration and learning



SCHOOL ENGAGEMENT IMPROVES

Stronger school engagement with improved attendance and behaviour



PUPIL ENGAGEMENT IMPROVES

Short bursts of activity in classrooms improve pupils engagement for up to one hour after



SOURCES

Start Active, Stay Active, 2017
Nike Active Schools, 2015
The link between pupil health and wellbeing and attainment

THE LONG-TERM IMPACT OF ACTIVE SCHOOLS



IMMEDIATE IMPACT

Brains work better
Happier
Higher grades
Stronger school connections

AT SCHOOL

Better retention
Higher graduation rates
More likely to attend college

AT HOME

Better sleep
Less depression
Better behaviour

LONGER-TERM IMPACT

IN THE COMMUNITY

Less crime
More civic engagement
More volunteerism

IN THE WORKPLACE

More productivity
Less absenteeism
Greater earning power

INTERGENERATIONAL IMPACT

Active parents raise active children
Lower healthcare costs

SOURCES

Nike Active Schools, 2015

Some simple ways to be more active

Food Swaps

https://www.nhs.uk/change4life/?gclid=EAlaIQobChMI3Nzz3u_c4AIVSJnVCh1nJALyEAAYASAAEgIDSvD_BwE&gclsrc=aw.ds

Wake & shake activity

<https://www.jumpstartjonny.co.uk/#freevideos>