



The Regis School
The best in everyone™
Part of United Learning

WSW SSP Family & School

Stay Healthy & Active Support Document

Contents:

- 1) [Introduction & national guidance](#) (P1-5)
- 2) [Daily routines](#) (P6-7)
- 3) [Fitness & activity](#) (P8)
- 4) [Physical education resources](#) (P9)
- 5) [Personal Challenges & games](#) (P10)
- 6) [Sports](#) (P11)
- 7) [Mental Health & Wellbeing](#) (Plus YOGA) (P12-14)
- 8) [Healthy Eating](#) (14-18)
- 9) [Knowing the school sport landscape and where to get help](#) (19)

Introduction and national guidance

This document has been created to support families at home and schools within their childcare key worker role. The document contains a range of resources, links and ideas to support healthy lifestyles and physical activity.

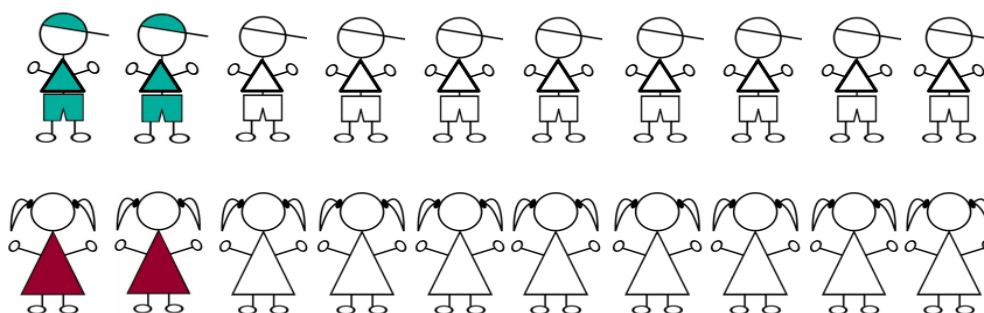
The Chief Medical Officer's guidance is 60 minutes of activity every day - before the closure of schools due to the COVID-19 situation (see link to the most up to date government guidance: [Government COVID-19 Guidance](#))

Schools were accountable for 30 minutes of this whilst the other 30 minutes take place at home. This introduction was introduced based on some shocking statistics which can be seen below:



Physical activity among children Health Survey for England 2012

Around two in ten children aged 5-15 years meet the government recommendations* for physical activity (boys 21%, girls 16%)



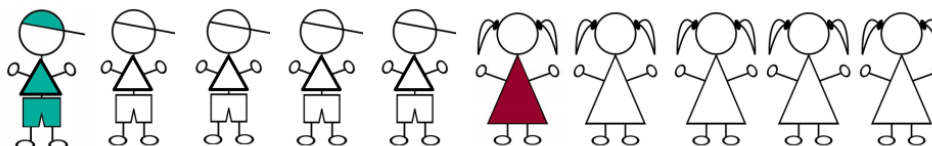
*Child recommendations for physical activity in CMO report 2011 – one hour moderate activity per day
HSE reports at least 60 minutes of moderate to vigorous activity on all seven days in the last week



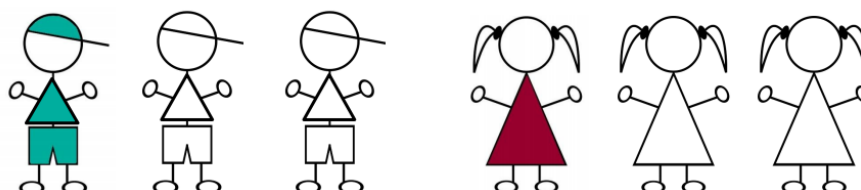
Prevalence of excess weight among children

National Child Measurement Programme 2016/17

One in five children in Reception is overweight or obese (boys 23.2%, girls 22.1%)



One in three children in Year 6 is overweight or obese (boys 36.0%, girls 32.4%)



Child overweight (including obesity)/ excess weight: BMI ≥ 85th centile of the UK90 growth reference

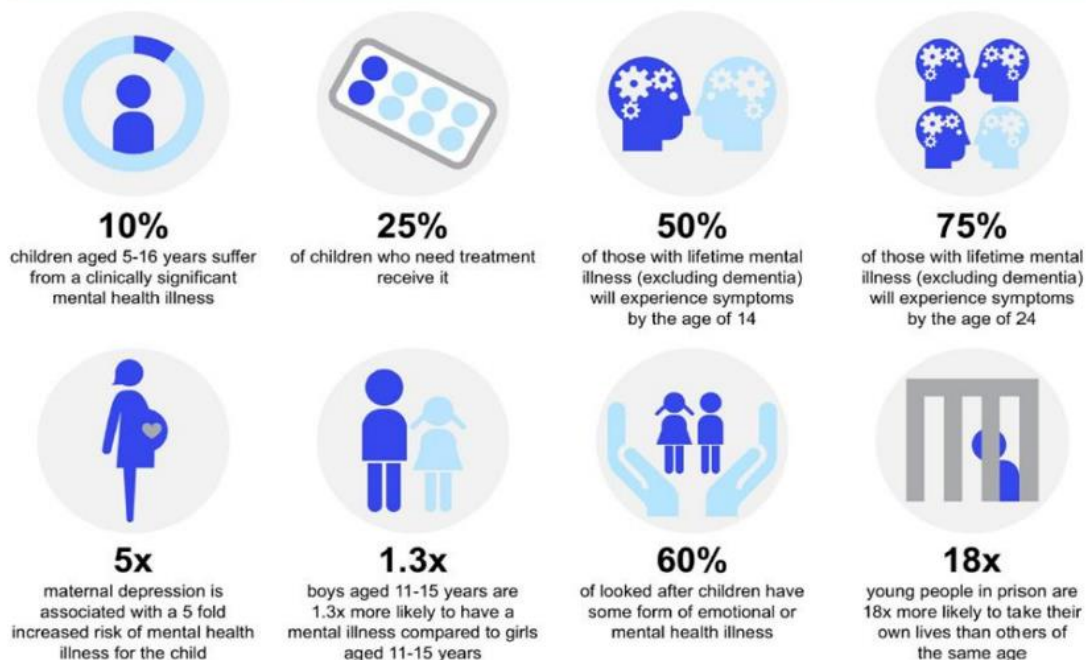


westsussexwest
School Sport Partnership

Visit the WSW SSP website: <https://www.westsussexwestssp.co.uk/resources>

Username: activeparent01@gmail.com Password: activeparent
or staff login via your account

Children & young people's mental health: key data



Slide infographics reproduced from PHE (2016) *The mental health of children and young people in England*
References for source data can be found on slide 25 of this publication

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



HOW CAN BEING ACTIVE HELP?
Click to find out more...

This great animated video by Dr William Bird, gives a clear understanding of the benefits of active school children and how it impacts on the brain and body. **A must watch!**

Movement for Life



Direct from the NHS the: [Benefits of exercise](#)

active kids learn better

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



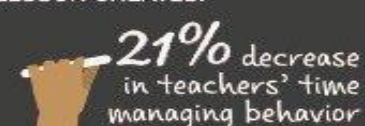
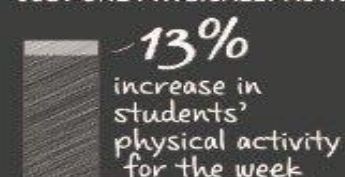
GRADES:



STANDARDIZED TEST SCORES:

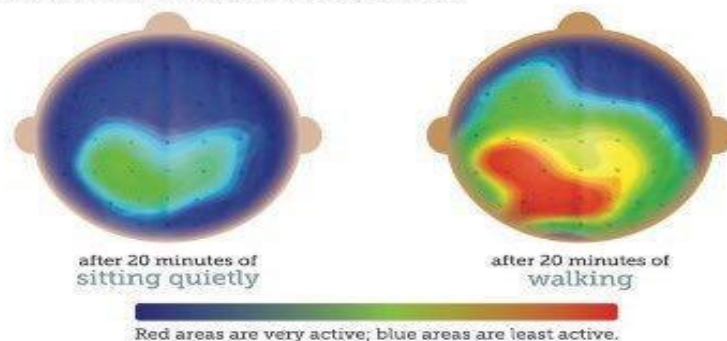


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



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. Wilman 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. Gibbs C.L. et al. (2012). 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-Larsen P. (2008). 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.

Visit the WSW SSP website: <https://www.westsussexwestssp.co.uk/resources>

Username: activeparent01@gmail.com Password: activeparent

or staff login via your account

Daily Routines

39/52 weeks of the year pupils are in a routine, starting from waking up in the morning and travelling to and from school. Whilst at school they will have a set timetable with a range of subjects and learning environments. Whilst it's important to have routine, the learning experience and method should be varied. Consider in your daily working with the children where can you include physical activity, below are some examples of how you can vary the learning experience of the children at home.

<https://www.twinkl.co.uk/>

This link has thousands of resources to support teachers and parents with teaching content and timetable creation.

Activities from the timetable below

All mentioned later in their relevant categories

[Joe Wicks Body Coach](#)

School Games: (Sport specific) Teacher login: [Your School Games](#) (sign up to your school or login via your PE co-ordinator who has already signed up)

Parent login: [WSW SSP Resources](#) To access the resources you need to login. We have created a parent login for this:

username: activeparent01@gmail.com password: activeparent

WSW Personal challenges:

[WSW SSP Twitter](#)

YOGA: [Cosmic Kids](#) or check the Yoga page on this document

REAL PE: Real Play- all online child friendly lessons. [REAL PE sign up & intro](#)

[Jasmine. The REAL PE interactive platform](#)

[BBC Supermovers](#)

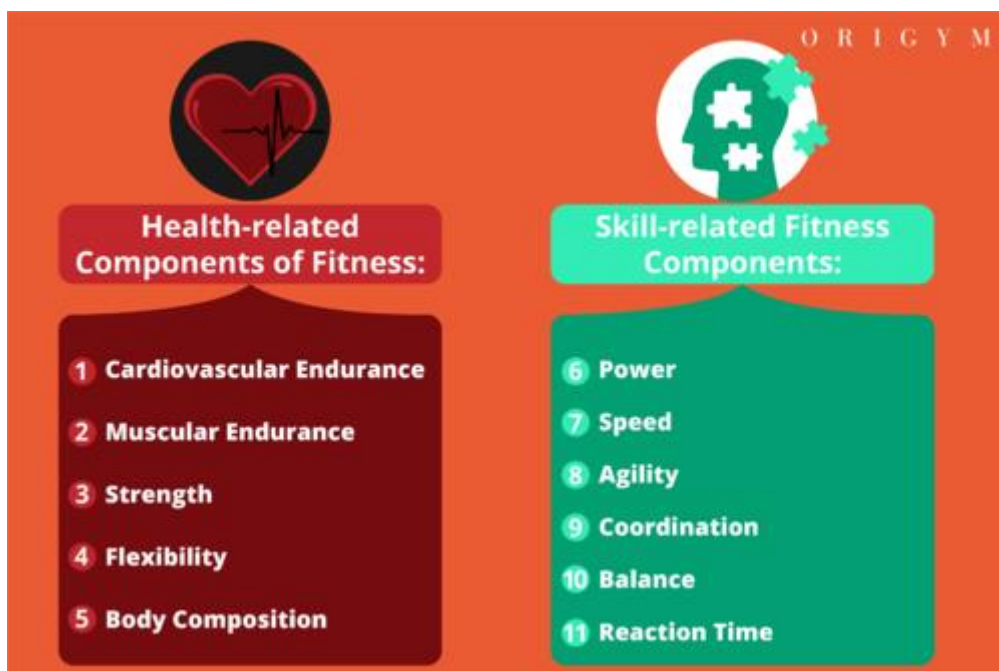
Leadership: leadership skills are essential design activities for fellow family members, from circuits to personal challenges. SSP website has links to skills required and self-review sheets. Self and peer evaluation are important. Use WWW (what went well) EBI (even better if)

My Activity Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09:00-09:30		Physical education		Yoga	
9:30-10:00	Joe Wicks Body Coach		Joe Wicks Body Coach		Joe Wicks Body Coach
10:00-10:20		Yoga			
10:20-11:00	Super Movers			Real Play	
11:00-12:30	Sport specific activities School Games	Leadership	Sport specific activities School Games	Sport specific activities School Games	
12:30-13:15	Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime
13:15-14:15	WSW SSP Personal challenge		Physical Education	WSW SSP Personal challenge (try to beat previous scores)	
14:15-15:00	Real Play	Physical Education	Super movers		

To access this via word and download your own editable version - Visit the WSWSSP website. Info below

Fitness & Activity



The following links all look at various elements of fitness:

Teacher resources: [Physical Educator](#)

[Jodie Rix Fitness](#) (Former Regis School PE and fitness teacher) family friendly Fitness

[Joe Wicks Body Coach](#)

5 minute move kids workout videos:

He also has live sessions 09:30 every weekday via youtube

Great selection of work outs:

[At Home Workouts](#)

[Amaven Young Champions](#)

[Jump Start Jonny](#)

[12minute Athlete](#)

[Fitness Blender](#)

[Darebee](#)

Physical Education

It's important to know the difference between Physical Education and activity.

Physical Education is the planned, progressive learning that takes place in school curriculum timetabled time and which is delivered to all pupils. This involves both 'learning to move' (i.e. becoming more physically competent) and 'moving to learn' (e.g. learning through movement, a range of skills and understandings beyond physical activity, such as co-operating with others). The context for the learning is physical activity, with children experiencing a broad range of activities, including sport and dance.

Physical Activity is a broad term referring to all bodily movement that uses energy. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs, doing housework and gardening

School Sport is the structured learning that takes place beyond the curriculum (i.e. in the extended curriculum) within school settings; this is sometimes referred to as out-of-school-hours learning. Again, the context for the learning is physical activity. The 'school sport' programme has the potential to develop and broaden the foundation learning that takes place in physical education. It also forms a vital link with 'community sport and activity'.

Physical education resources:

[Free teach active resources for parents](#)

[The physical educator resources](#)

[Twinkl](#)

[PL Primary Stars](#)

[YST Home learning](#)

[REAL PE sign up & intro](#)

[Jasmine. The REAL PE interactive platform](#)

[Imoves](#)

[Getset4PE](#)

[Girls Football in Schools](#)

[Inclusion sports](#)

Personal challenges & activities

Personal challenges are there to achieve your personal best. Show perseverance to beat your original score and increase your skill level. This isn't for competitive purposes but can be used for it if required.

There are lots of personal challenges online. With the start of this craze it's important to spread them out of time. Pick links you like best and follow them. The WSW SSP favourites are the WSW SSP challenges via twitter and the TRS_PE instagram. We would love to hear from you with photos and videos of your success using these social media platforms. Or email directly to the WSW SSP: sean.o'connor@theregisschool.co.uk

The School Games Organiser network have collaborated their area challenges to ensure families and young people can access challenges from across the county. The below document provides Easter challenges, to keep everyone active over the Easter break to counter act the chocolate eggs!

Access via this the SSP website: [WSW SSP Resources](#)

Included is a range of challenges to look into:

WSW SSP weekly Challenges: [WSW SSP Challenges via Twitter](#)

Daily challenges: [The Regis School Instagram](#)

Personal Challenges: [Davies Sport](#)

Burn2 Learn Personal challenges and activities: [Burn 2 Learn](#)

Challenges and activities : [Active kids do better](#)

Games: [Go noodle](#)

Variety of activities: [Family activities](#)

Inclusive personal challenges: [Inclusive challenges 1](#) [Inclusive challenges 2](#)

Disney Change 4 Life activities: [10 min shake up](#)

BBC Supermovers a range of activities: [BBC Supermovers](#)

Different Ideas: [kids activities at home](#)

Family ideas: [Family idea guide](#)

Toddler activities: [Toddler activities](#)

Tick list of variety: [Happy Hooligans](#)

Sports

With plenty of variety of sport on offer. It is important for pupils to experience a range. Not only for enjoyment but to see the importance of many transferable skills.

School Games the national school sport competition pathway. Delivered by school games organisers at all levels from in school, school v school to county and beyond. The School Games works with national governing bodies of most sports. The links below allow you to access cards that can be used in lessons and at home. To access the [Your School Games](#) you need to be affiliated to a school as a staff member. Alternatively all the resources have been downloaded onto the [WSW SSP Resources](#).

See details below for access. Sports include:

Athletics, Badminton, Basketball, Boccia, Boxing, Canoeing, Cricket, Cycling, Dance, Dodgeball, Equestrian, Fencing, Football, Golf, Gymnastics, Handball, Hockey, Judo, Netball, Polybat, Rounders, Rugby, Sailing, Softball, Squash, Table Cricket, Table Tennis, Tennis Triathlon & Volleyball.

Simply search your sport. Or browse the variety of resources on offer.

Other sport specific providers include the National Governing Body websites and local clubs. See below:

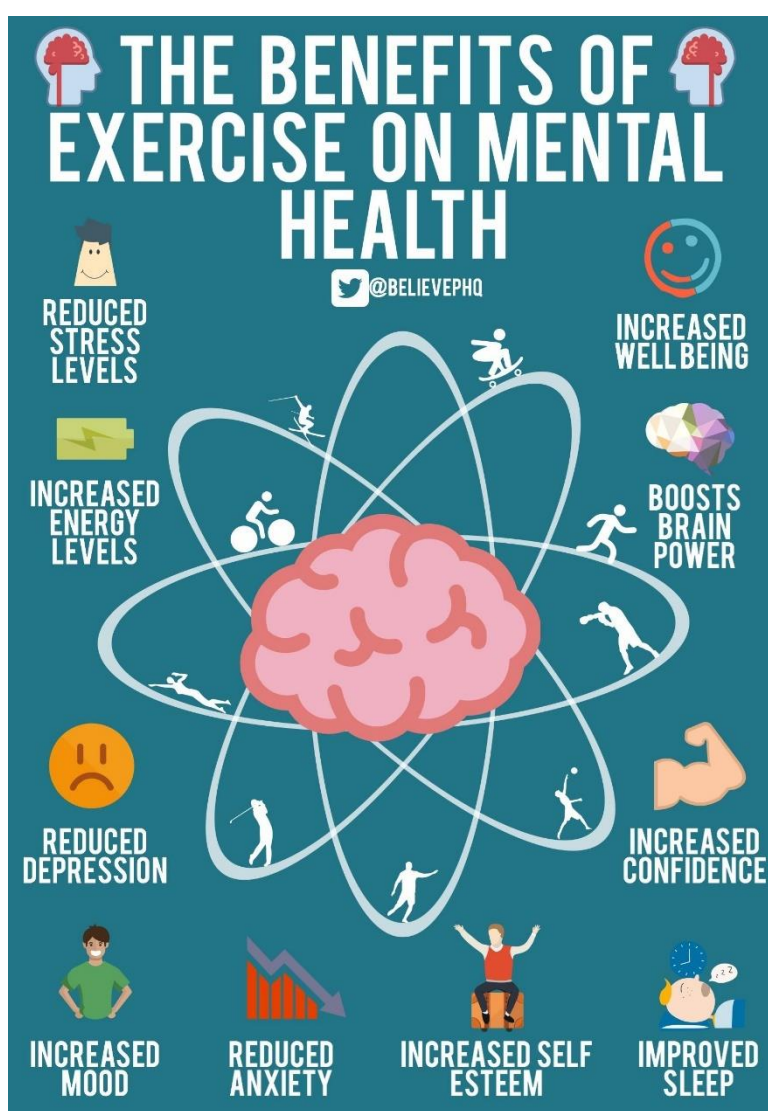
Badminton Guide	Leap Hockey	Squash Intro
Basketball Coach	LTA Tennis at Home	Sussex Cricket
Cricket- Chance to Shine	Netball Solo sessions	Sussex FA
Hip Hop		
Football Mastery	Max Whitlock Gymnastics	Table tennis practice
Football Freestyle	Rugby Sparta	Wiltshire Kids cricket activity guide

Mental Health & Wellbeing

As well as looking after your physical health during this time, it is equally important to ensure you are looking after your mental health. Stress and anxiety are likely to be increased during a time of uncertainty and being indoors, without your usual day-to-day structure or social life which can have a negative impact on your wellbeing.

Mind have pulled together a dedicated page for ensuring you are taking care of your wellbeing during the coronavirus outbreak, including a checklist for being prepared to self-isolate.

Highly recommended a quick 5 question survey with feedback on what can be done to help direct from the NHS: [NHS Mental Health Quick Quiz](#)



Other supportive links:

[Mind. Support during the coronavirus](#)

[Head space](#)

[Uplifting stories that will motivate and Inspire](#)

YOGA:

Yoga increases body awareness, relieves stress, reduces muscle tension, strain, and inflammation, sharpens attention and concentration, and calms and centres the nervous system. Yoga's positive benefits on mental health.

This information below includes a few ideas for the topics below. You can find more resources including specific postures from websites such as:

[Kids Yoga Stories](#)

[Twinkl](#)

[Cosmic Kids](#)

[YOGA journal](#)

[Partner YOGA](#)

Full WSW SSP Yoga document. Access via our website:

[WSW SSP Resources](#)

Username: activeparent01@gmail.com Password: activeparent

Contents and some ideas below:

CONTENT:

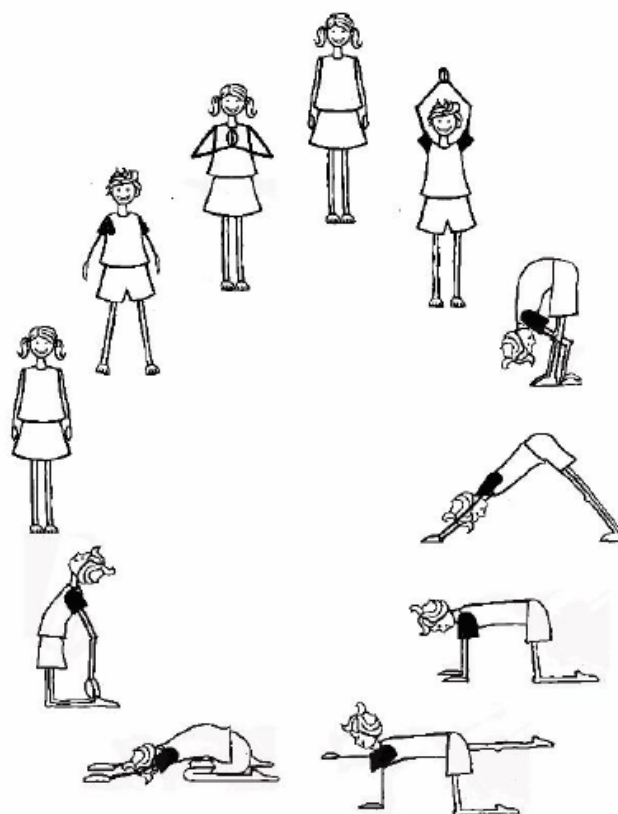
- Breath work
- Games
- Partner postures
- Sun Salutation
- Massage techniques
- Meditation

Sun Salutations

Students are to work in pairs. Allow them to choose when they first start using massage. Always ask permission before commencing a massage.

Hand Massage

- ☐ Use 'spreading' movements over the back of the hand
- ☐ Small circular movements over wrists.
- ☐ Pull down with thumbs between the bones on the back of the hand
- ☐ Massage knuckles
- ☐ Squeeze each finger top/bottom & then side to side
- ☐ Pull very gently and squeeze off at fingertip.
- ☐ Turn hand over and knead palm.
- ☐ Pressure on fingers, squeezing each section of the finger gently from palm to tip.
- ☐ Small circle over inside of wrist.
- ☐ With your palm massage your partners palm
- ☐ Turn arm over, and use spreading movement over the whole hand.
- ☐ Squeeze their hand between your own gently, and slide off to finish.
- ☐ Repeat on other hand



Healthy Eating

Eating well and maintaining a healthy diet is a fundamental part of Mental and Physical well-being. Having a balanced diet helps us to maintain a healthy weight and heart, reducing our risk of chronic disease and mental disorders



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Food hygiene is extremely important. More now than ever. Please see below the information to links with essential advice: [Food Safety](#)



Healthy Meal recipes

3x Fish, 3x Soups, 3x Chicken, 3x Mince, 3x pasta/noodles

Thai-fish-cakes		Fish-balls	
Fish-pie		Broccoli-and-blue-cheese-soup	

Quick-carrot-and-corn-soup		Cheap-and-easy-sweetcorn-soup	
Moroccan-style-chicken		Chicken-and-chorizo-stew	
Garlicky-chicken		Easy-sausage-and-bean-casserole.asp x	
Chilli-con-carne-recipe		Moroccan-spiced-mince-couscous	
Quick-beef-broccoli-noodles		Tuna-sundried-tomato-pasta-bake	
Sardine-storecupboard-spaghetti		Create Your own	???

Find more information via the website links. This includes other healthy recipes and Change 4 life advice like sugar swaps:

[Change 4 Life recipes](#)

[Change 4 Life Sugar swap](#)

[Change 4 Life food facts](#)

[Healthy recipes](#)

Knowing the school sport landscape and where to get help

Your key provider

The **West Sussex School Sport Partnership** provides schools with the following:

Inter competitions

Intra support – e.g. running sports days

Central CPD courses for staff to attend

Curriculum support CPD- SSP staff member teaching alongside staff for the academic year

CPD specific to their school- run in a staff meeting, source correct staff member depending on their needs

Huff N Puff- KS1 family engagement project

Future Flyers- Gifted and Talented KS2 programme

Bronze Ambassadors- KS2 leadership, project management programme

Playground leadership- KS1 leaders

Sports premium document support & evidencing impact

West Sussex Primary PE Conference

Sports leaders extra-curricular support

Top Up swim- supporting those struggling to swim 25m

Summer camp provision

Various affiliations

Cross Curricular active festivals

General communication- local/national updates (outside SG), NGB offers/opportunities

We have 48/49 schools accessing some kind of support via our organisation.

School awards and funding

Primary PE & Sports Premium

The primary PE and sport premium was introduced in March 2013 to improve the provision of physical education and school sport in primary schools across England. ... The funding is allocated directly to primary schools and is ring-fenced. This means it may only be spent on improving the provision of PE and sport in schools.

This means every primary school in the country receives £16,000 + £10 per pupil every year to spend solely on PE & school sport. See the link for what it can and can't be spent on.

<https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>

Visit the WSW SSP website: <https://www.westsussexwestssp.co.uk/resources>

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All schools must report on their own school website what they have spent the funding on and its impact. Is your/your child's school's up to date?

Your school rating for PE and School Sport. There are some essential support tools to show your dedication to PE & School Sport. Many schools in the West Sussex West area already achieve these. These include:

The School games Mark.

The School Games is a free government initiative to increase the number of children in competitive sport.

The School Games Mark is a Government led award scheme launched in 2012 to reward schools for their commitment to the development of competition across their school and into the community. Registered schools can apply annually through a short application form which will be verified by their local School Games Organiser (SGO). Their application will be graded as either bronze, silver, or gold. Those schools which consistently achieve the gold award will also be offered the opportunity to upgrade this to platinum.

Check your school's status and how it works here: <https://www.yourschoolgames.com/>

Quality Start

The School Games only accommodates Year3 - Year 12. The Sussex area are strong believers in the importance of physical activity for Infants, which is why the charity "SPORT WITHOUT BOUNDARIES" is endorsed by Active Sussex and the University of Chichester to support key stage providers and ensure their provision of PE & School Sport is accommodated.

Check your school's status and how it works here: <http://qualitystartaward.weebly.com/>

Who can help you? The WSW SSP are your local support network - details below. There is also county wide support available via Active Sussex- Nick can give additional support with the sports premium expenditure where required.

West Sussex School Sport Partnership Manager & School Games Organiser:

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