



# Advocating 60 active minutes

Super Active Schools - Hounslow

Alan Watkinson

## WHICH AREA OF THE SGO TASK LIST DOES THIS IMPACT?

1	Increasing engagement in School Games
2	Developing competitive opportunities
3	Increasing and sustaining participation
4	Workforce – Broadening the range of participation opportunities

## ABOUT ALAN

Isleworth and Syon SGO Alan Watkinson works three days per week as an SGO and has further capacity to deliver on additional services offered to schools. Alan covers 70 schools in the urban area of West London. Alan worked collaboratively on this project with Hounslow Council and Brentford FC. Deprivation levels across the area are high.

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## WHY

- In response to the Childhood Obesity Plan, schools started to ask the SGO for support to implement 30 active minutes whilst at school for every child.
- Activity levels in schools were very low.
- PE and Sport Premium funding was allocated to primary schools.
- The SGO wanted to support all schools but didn't have the capacity to do this immediately.

the SGO outlined the importance of being active, the links between physical activity and educational attainment and achievement and the next steps to the pilot phase.

- The next phase involved the schools signing up to the programmes they wanted to implement in their school. Schools were given a choice of a wide variety of options and were encouraged to select programmes that suited their school. Programmes included:
  - » Daily mile.
  - » New play equipment to encourage the children to be active at play and lunch times.
  - » Extra-curricular coaching and activities.
  - » Specialist coaches to work with the disengaged pupils.
  - » Maths of the Day.
  - » Active Classroom training.
- The SGO then supported each school with their own unique action plan to support the implementation of these programmes. The SGO, through his additional services and Brentford FC, offered schools support to set the programmes up too. This became an

individual school centred approach.

- The SGO supports the schools to RAG rate their action plan each term, highlighting the actions that have been implemented as green, those partially implemented as amber and those not yet started as red.
- This gave each of the pilot schools a plan to display on their website to help fulfil the PE and Sport Premium funding reporting guidelines, and also gave the schools a plan of action that became a strategic document for the whole school.
- The following year, the pilot schools were asked to present at the local PE and School Sport Conference. This helped to share best practice and give other schools ideas to implement the 30 active minutes into their schools. The SGO also invited Elaine Wylie from the Daily Mile to share her experience and passion with the schools. This conference was the official launch of 30 active minutes in schools. The SGO purchased the YST Active 30:30 resource for every school to give them a step-by-step guide to becoming a Super Active School.



## ACTION

- The SGO recruited schools into a pilot phase of 'Super Active Schools'.
- Head Teachers from the pilot schools were invited to attend a workshop. The workshop was developed in collaboration with Brentford FC. At the workshop

# SCHOOL GAMES



## IMPACT

- The 10 schools pilot was very successful. Some of the pilot schools were really difficult to engage with, but the partners managed to win them around, especially when they started to see the impact it was having on their children.
- Schools reported improved concentration and behaviour levels.
- Schools also commented that the children seemed happier at school because they were taking part in more fun activities.
- The schools reported at the conference the following year that the whole project was about changing hearts and minds. Schools had to start thinking differently because children's lifestyles are so different outside of school.
- The pilot schools have significantly more active pupils when looking at completed 'heat maps' on the Active School Planner.
- At the end of the academic year the SGO will have 30 action plans for this year's schools, all with impact statements written on them. This helps the SGO to provide impact reports to schools across the SGO area.



## NEXT

- Continue to support the schools to write another academic year action plan to support their ongoing project to being a Super Active School.
- Some schools have started to engage with parents and guardians. This is essential so that the other 30 active minutes outside of school can be supported at home. The SGO wants to come up with some new ways to support this.
- Support the last remaining phase of schools to be a Super Active School.



## TIPS

- Link your support to the first Key Indicator of the PE and Sport Premium funding. (The engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school.) This way the schools will realise you are supporting them to achieve something they are funded to do and they will also realise they have funding to put towards their action plan.
- Try to engage Head Teachers in the initial phase of the process. This is not a PE project; it is a whole school aim and it should be driven from the top and every member of staff should be involved.
- Schools should be part of the process. They should select the actions they want to take. Offer them ideas, but each school should be unique and link to their own school needs. This will help the schools take ownership of the whole project. The personalised approach is best.
- Ensure the action plans link to the school's PE and Sport Premium action plan and the whole school development plan.

