



# Advocating 60 active minutes

PhysiFun to engage all

Ally Reid

## 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 ALLY

South West Surrey SGO Ally Reid works three days per week as an SGO and has further capacity to deliver on ‘active’ initiatives funded by the CSP. Ally covers two SGO areas comprising 163 schools in the affluent area of Surrey. Ally worked collaboratively on this project with the other county SGOs and the CSP.

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## WHY

- The SGOs all implement Change4Life clubs in their schools but wanted to develop this further as they believed this approach could really make a difference to the least active children.
- Most activity in schools was limited to PE and competitive school sport. All SGOs agreed this was not fully engaging ALL children and it wasn't increasing participation levels.
- Schools and SGOs wanted to create opportunities that increased ‘structured’ activity opportunities that would engage all abilities and levels.

- The games included in the resource pack aim to develop children’s physical skills and are aimed at sports leaders.
- Each card has instructions for the sports leaders delivering the activity on one side and how to set up the activity and ideas to make the activity more challenging on the other side.
- The cards are colour coded:
  - » Red cards are warm up or cool down activities.
  - » Blue cards are ice breaker activities (these are short, easy to learn activities and can be used in the classroom too for a brain break).
  - » Green cards are activities linked to health or healthy eating.
  - » Purple cards are focus activities (these are the main activities that usually last a little bit longer).
- All of the activities require either no equipment or very limited equipment such as a hoop, beanbags, spots, cones or balls.
- The SGOs used the EAST behavioural principle to support schools to introduce this project:
  - » **Easy** – minimal set up, no real barriers, not time

intensive for teachers.

- » **Attractive** – will motivate students to take part and have fun.
- » **Social** – power of networks – all of the schools are starting to use it.
- » **Timely** – it was introduced when schools were thinking about the Olympics, Change4Life clubs and the obesity agenda.
- Leaders in each primary school were trained to deliver the activities and were encouraged to come up with their own ideas.
- The SGOs provide electronic blank templates of the cards so that the sports leaders could create their own games onto the official cards.
- The cards are aimed at Year 1 and 2 pupils that are the least active. However, the cards have been used across all year groups in the primary schools.
- The cards are delivered within Change4Life clubs or PhysiFun clubs, but most schools have started to use the cards and activities at play and lunch times.
- Most schools also allow their School Sports Organising Crews to lead on the activities.



## ACTION

- The SGOs developed the ‘PhysiFun’ resource pack, which includes fun, fair, simple and safe activities.

# SCHOOL GAMES



## IMPACT

- Over 100 schools across the county have been trained to use the PhysiFun cards (sports leaders and lunchtime supervisors).
- There has been a massive increase in the self-confidence of the children that were previously the least active. Schools have reported that these children are more willing to take part in other activities and clubs.
- School staff also reported that this helped them to get their children more active without them having to spend a lot of time delivering the activities themselves.
- The cards were intended to motivate the inactive during sports clubs, but have also developed into playground activities and some of the cards have been used to set personal challenges for the children.



## NEXT

- PhysiFun has started to be developed to support schools with the personal challenge element of the School Games.
- PhysiFun will also start to support schools with the 60 Active Minutes agenda.
- Share good practice amongst the schools and their new activity cards they have developed.
- Schools have started to implement the Daily Mile and wanted resources to support this implementation. The SGOs have collaboratively developed their 'Run the World' project. This encourages schools to collate all of the miles they have run across a year and to work towards running across the world and visiting lots of sporting events along the way. Schools are provided with a wall chart to support this.



## TIPS

- When developing your resource, ensure there is some sort of structure behind it, e.g. colour coding of activities and then training the leaders to use the resource.
- Don't develop sports-specific activities. Make the activities fun. Children can help you come up with the activities as they have the best ideas.
- Don't develop any activities that rely on specialist equipment.
- Think about the barriers that schools put up to doing a new activity. Make sure you can break down those barriers (usual barriers include time, space and confidence).
- Use the EAST behavioural principle to implement your new resource.

