DrEAM

Drop Everything And Move

30 ACTIVE MINUTES

Strong evidence proves that regular physical activity is associated with numerous health and education benefits for children. The UK Chief Medical Officers recommend that all children and young people should engage in physical activity of moderate to vigorous intensity for at least 60 minutes every day.

What can we do to support this? Many schools already offer an average of two hours of PE or other physical activities per week. However, we need to do more to encourage children to be active every day. It is suggested that at least 30 minutes of physical activity should be delivered in school every day through active breaktimes, extra-curricular clubs, active lessons or other sport and physical activity events. The remaining 30 minutes supported by parents and carers outside of school time.

(HM Government, Childhood Obesity Strategy 2016)

www.cambslearntogether.co.uk/services-to-schools/pe/physical-activity

Why is Physical Activity important?

Physical Activity can contribute to the physical, social and emotional wellbeing of all children, young people and staff within the school and its community.

The link between health, Physical Activity and wellbeing is well established.

The physical health benefits are frequently celebrated, but other 'hidden' benefits of daily engagement in moderate intensity activity can include:

- a sense of wellbeing
- enhanced self-esteem
- reduction in anxiety and stress
- improved social and moral development
- improved cognitive functioning and academic achievement in school.
- opportunities for social interaction

This resource will showcase a range of activities that can all be set-up within the school environment, to help children achieve 30 minutes of physical activity per day. Within this list there are 3 different types of activites:

Movement Breaks

Active outdoors

Active Learning

Activity Type	Time	Activity	Description	Space	Resources
	15 mins	The Daily Mile	Run, Jog, Walk for 15 Minutes / 1km in the fresh air, in uniform	Outdoor Space	www.thedailymile.co.uk/
	5 mins	Just Dance	Access through Web browser, Smart TV, Tablet, - dance tutorial – range of songs and Movements for children to copy	Flat space	www.youtube.com/channel/UChIjW4 BWKLqpojTrS_tX0mg
	10 mins	10 Minute Shake Up	A range of fun Shake Up games inspired by Disney and Pixar *movies*	Flat space	www.nhs.uk/10-minute-shake-up/shake-ups
	5 Mins	Go Noodle	Move with purpose – hundreds of videos that activate kids bodies and brains for short bursts	Flat space	www.gonoodle.com/
	10min +	Cosmic Yoga	Online tutored stories with simple Yoga based movements.	Flat Space	www.app.cosmickids.com/
	30mins +	Premier League Primary Stars	Curriculum-linked activities for ages 5-11 cover English and Maths, Health & Wellbeing and Physical Activity, and feature Premier League stars and mascots that will engage them	Indoor/ Outdoor/ Classroom	www.plprimarystars.com/

	30mins +	Tablet-led Orienteering	Global game of hide and seek linked with outdoor learning and linked to curriculum.	Outdoor space	www.questr.org/
	10mins	Fitter future	A series of online workouts designed by children for children taking the time and effort away from teachers. Introduce classes to a FUN way of getting active both in the classroom and at home	Flat space	www.fitterfuture.com/
	30mins	Active 30:30	Resource pack to generate motivation and ideas to ensure kids are active for at least 30 mins in the school day.	Flat space	www.youthsporttrust.org/active3030
	15mins +	Active Phonics	Active Phonics is a highly engaging multisensory fusion of phonics and Physical Education.	Classroom	www.activephonics.co.uk
	15mins +	Imoves	A range of ideas and resources to engage children in physical activity, including Quick Blasts, Active Blasts with supporting activities for Maths and Literacy & Mental Wellbeing resources to support anxiety, mood and emotions	Indoor/ Outdoor/ Classroom	http://theimovement.com/
	15min +	Active Story/ Song time	Ideas and resources to ensure Songs and Stories are made physically active for children.	Classroom	www.actionforhealthykids.org
	30mins +	Tagtiv8	Tagtiv8 Number is an innovative approach to deliver a range of curricular areas in an active way	Indoor/ Outdoor/ Classroom	www.tagtiv8.com

	10min +	Mighty Maths	Mighty Maths is all about creating a fun environment in which attainment in maths can be boosted by short and simple bursts of physical activity.	Classroom	www.mightymaths.co.uk/
	5mins +	Skipping	Skipping is a great activity for people of all ages, but especially children. We have found that skipping improves fitness, coordination, cooperation, and behaviour	Flat space	https://www.jumpruk.com/the-lock-down-jump-rope-challenge/
	5mins +	Bizzy Breaks	Bizzy Break is a series of activities for primary school pupils designed to get children moving on the spot. Children move all parts of their body with a focus on strength, flexibility and aerobic fitness, based on a large poster.	Classroom / poster	www.cambslearntogether.co.uk/services-to-schools/pe/physical-activity
	10mins +	Supermovers	Fun curriculum linked resources to get your class moving while they learn	Classroom	https://www.bbc.co.uk/teach/supermovers
	various	Active Environments	Ensure children have access to resources at break and lunch times. Playground equipment does not need to be complicated, skipping ropes, hoops, balls and bibs can open up a world of opportunity for pupils.	outdoors	
	5mins	BBC Boogie Beebies	A range of video clips available online to get kids moving and active between lessons.	Flat space	www.bbc.co.uk/programmes/b006mvsc
	15mins +	Dough Disco	Moulding dough in time to music to strengthen fine motor skills helping with pencil grip and writing	Classroom	www.youtube.com/watch?v=i-IfzeG1aC4

	10mins +	**ACTIVE CLASSROOM**	**Build some quick and playful sequences using the Active Classroom Booster and energise your class in between lessons. Select the activities, duration and a music track - then off you go**	**Classroom**	www.activekidsdobetter.co.uk
	Various	**Extra Curricular Clubs**	**Providing more opportunities at lunch / after school / before school to try different sports and activities additional to the PE lesson.**	**Sports spaces**	
	15min +	**Jack Hartaman Counting Exercises**	**Online resources teaching kids to count whilst exercising**	**classroom**	www.youtube.com/watch?v=0TgLtF3PMOc
	Various	**Step Challenge**	**Use pedometers or other device to monitor steps and encourage improvement. Set daily / weekly / monthly step challenges. Can introduce reward schemes, family challenges…etc.**	**everywhere**	**Pedometers / fitbits**
	5mins	**BBC Boogie Beebies**	**A range of video clips available online to get kids moving and active between lessons.**	**Flat space**	https://www.bbc.co.uk/programmes/b006mvsc

For further advice / Guidance

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