

Physical Activity Information

The Rationale for promoting physical activity to young people

- To optimise physical fitness, health, general well being, development and growth
- To develop lifestyles which are active that can be maintained through adulthood
- To reduce the risk of developing chronic diseases in adult life
- Reduction of modifiable risk factors for Coronary Heart Disease (CHD) and the incidence of overweight and obesity
- To reduce the risk of osteoporosis by increasing bone mineral density.

In 1997 the Health Education Authority gathered international opinion and scientific evidence, which centred on young people and physical activity that enhances health. As a result the following recommendations have been made:

- Children of primary age should participate in at least one hour of moderate intensity physical activity per day.
- Young people who currently perform very low levels of physical activity should participate in moderate intensity exercise for at least half an hour per day.

Physical activity is one of the four themes in the National Healthy Schools Programme.

Since then the Government has set higher targets for physical activity.

What is moderate intensity exercise?

Moderate intensity exercise can be defined as activity which causes a harder than normal breathing rate and warmer body temperature.

Moderate intensity activities include:

- Brisk walking, Cycling, Swimming, Most Sports, Dancing.

Additional recommendations

- It was also recommended that at least twice a week the hour of activity should include activities that enhance and maintain muscular strength, flexibility and bone health.

Strength and flexibility enhancing activities include:

- Resistance Training, Body Conditioning, Circuits, Gymnastics

Weight bearing activities to enhance bone health include:

- Gymnastics, Dancing, Skipping. Sports such as netball or basketball

The hour of activity can be accumulated during the day and can be achieved through walking/cycling to and from school, during physical education, sport, and active play, break time activity or through structured exercise.

Contacts List

Organisations/schemes/resources associated with physical activity promotion for young people

British Heart Foundation (BHF)

Pocket playbook for children aged 7-11 years. This colourful booklet unfolds a series of zigzag pages providing children ideas for activities they can do inside or outside with friends or alone. Also includes an activity record allowing children to track their activity levels over a six-week period. The booklet can be ordered by phoning **01604 640016** or email bhf@mail.dataforce.co.uk and request *g66 kids and school catalogue*.

Sport England Primary Schools Sports Day toolkit

The tool kit gives details of activities and a teacher's manual which gives guidance and information about running inclusive sports days.

Copies can be ordered for a £1 by contacting the Sport England website - www.sportengland.org - or calling the Active Schools Helpline 0800 169 2299

The BHF Active Schools Resource Pack

The BHF Active Schools pack for primary and secondary schools can assist schools to achieve Active Mark Primary Accreditation. This booklet can also be helpful for schools who wish to achieve the physical activity aspect of the Healthy Schools Programme.

The pack provides a range of practical ideas aimed at promoting physical activity. The pack can be ordered by telephoning **01604 640016** or emailing: ds-bhf@mail.dataforce.co.uk and request the *kids and schools catalogue (G66)*

Details about Active Mark accreditation and other active schools initiatives can be found on the Sport England website www.sportengland.org (look under active schools)

Nike Zoneparc Initiative.

This playground resource pack highlights how schools can enhance their playgrounds and stimulate active and enjoyable break times. Details can be obtained through the Youth Trust on **01509 226600**

Jump Rope for Heart

This BHF sponsored skipping challenge raises money for heart charities and the school or participating group. To find out more about this resource please call **01509 262925**

Top Play and Top Sport

Top Play and Top Sport is a joint venture between Sport England and the Youth Sport Trust and is delivered as part of the active schools programme.

The Top Play programme teaches core skills and sports which are fun to children aged four to nine. It is designed to develop the natural enthusiasm of young children and introduces them to basic skills such as running, jumping, throwing catching, kicking and striking as well as some basic ball skills.

The Top Sport programme provides children aged between 7-11 with the opportunity to develop skills in a variety of games such as basketball, cricket, hockey, netball, rugby, squash, tennis and other sports such as gymnastic, athletics, fitness outdoor activities, swimming as well as dance.

The programmes support the National Curriculum and are an additional resource for teachers.

For further information regarding Top Play or Top Sport contact the Active Schools Helpline **0800 169 2299**

Medisport Sports Care - "Fit for Tops Handbook"

A package developed by YMCA Fitness Industry Training and supported by Sport England and the Youth Sport Trust, it is designed for use with primary school children at key stage 2. For further information enquiries should be made to the Youth Sport Trust or YMCA Fitness Industry Training.

Great Games to Promote Physical Activity

It is suggested that children learn the games during lessons and encouraged to play them during break times.

1) Follow the leader KS 1 & 2

Put the children in a line and the child at the front is the leader. All the other children have to follow the leader and copy any actions he/she may do. Change the leader regularly.

Easier decrease the pace, speed up to make harder.

2) Beans KS 1 & 2

Explain to the children the different types of beans (get them to think of varieties too!)

- Broad Bean - Children stand wide as they can
- Jelly Bean - Wobble like a jelly (on the spot)
- Runner Bean - Run around the space provided
- French Bean - Stand with hand on hip and shout in a French accent Ooh la la!
- Chilli Bean - Stand on the spot and shiver
- Baked Bean - Crouch down like the shape of a baked bean
- Frozen Bean - Stand still like a frozen statue.
- String Bean - Stand as tall and thin as you can.
- Jumping bean - Jump and down.

The play leader shouts out the different types of bean and children respond with the appropriate action.

Easier- Decrease the pace and have only a couple of beans

Harder- Increase the pace of the game shout out options quicker-last one to respond to the action is out.

3) Elephant Train KS 1 & 2

A simple relay! Teams are split equally into two, and positioned in single file. Every one puts their left hand in the air and right arm through their legs; the team then holds hands to link the team. The team then must move around a designated course without breaking up. If a link is broken then the team must re-start the race.

The first team to complete the course without breaking up is declared the winner. To make it more fun why not see which team can do the best elephant impressions whilst completing the course.

4) Countdown KS 1 & 2

Organise children into standing Circle.

The play leader stands in the circle with the children and starts the game by throwing a ball to a child in the circle. The ball then gets passed around the circle (in any direction) and when the ball is dropped the children count down from ten. While the children are counting down from ten the ball still gets passed round the circle and the child with the ball on zero is out.

Easier- decrease the pace. Harder - Add an extra ball to the circle.

5) Fire Ball KS 1 & 2

Players stand in a wide circle and throw the ball around. If a player drops it they must run around the outside of the circle and get back to their place before the other players have passed the ball around the circle and bounced the ball in their space. If the player gets back to their place the game continues. If the player gets bounced out they must sit in the middle of the circle until someone else is out.

Easier – Decrease the pace. Harder – Increase the pace

6) Colours KS 1, 2 & 3

Set up four differently coloured cones in a large space. The play leader calls out the particular colour, the children then have to run to the correct marker. The last child will have to sit out until the winner is found.

Easier- walk instead of run, less cones. Harder – Increase the pace of the game.

7) Compass KS 1 & 2

The sides of the hall/area are named North, South, East and West. If the leader shouts North all the players must run to the North side of the hall. The last person to reach North is out. Other actions can be added or made up by the children.

- “Climb the rigging”; all players must pretend to climb up the rigging.
- “Scrub the decks”; players must get on hands and knees and scrub the floor.
- “Captains coming”; players must salute and stay absolutely still - anyone moving is out.
- “Man the life boats”; players must sit in two’s facing each other and pretend to row a boat, etc.

The last person in is the winner.

Easier – slow the pace. Harder - increase the speed of instructions and changes.

8) Traffic Lights KS 1 & 2

Set up a boundary to play in using cones or lines. When the play leader shouts RED the children need to sit. When AMBER is shouted the children need to stand still. When GREEN is shouted the children need to move around the space.

The game can be changed so children, hop, skip or jump.

Easier- Only one or two colours and activity option. Harder -Increase speed of the game; add more changes or instructions.

9) Duck Duck Goose KS 1 & 2

Organise children into a circle. Choose one child to walk around tapping the other children on the head and shouting duck. When the duck decides to choose a child they want to chase them they have to shout goose. The goose then chases the duck around the circle and has to sit if the duck sits. If the goose catches the duck then it becomes the new duck.

The game can be changed so children skip, hop or jump around the circle.

10) Ladders KS 1, 2 & 3

Sit the children in two lines (facing someone of the same height and build) and ask the children to lie down with their feet touching. Number the children - children facing each other have to be the same number. The play leader calls out a number and the two children that have been given that number, stand up and run down the line (over the children’s legs) round the back of the line and back to their place. The first child gets a point for their team.

Easier –Decrease the pace of the game. Harder- Speed up the pace.

11) Catch a Thief KS 1, 2 & 3

Divide the players into two equal teams, each team having half of the playing area. Place three beanbags on the back line of each side of the area to be used (a tennis or badminton court would be ideal, for more players try a football pitch). Players try to capture the other team’s beanbags. Players who carry one of the other team’s beanbags back to their side of the playing area without being tagged add that beanbag to their back line.

A player who is tagged on the opponents’ side must go to jail. A team mate may rescue a prisoner by going into the jail, taking the prisoners hand, and running the prisoner back to their side of the playing area. If rescuer and prisoner are tagged, they both become prisoners. Only one prisoner may be rescued at a time.

The first team to capture all of the opponents’ beanbags wins.

The larger the playing area or the fewer the players, the more active the game will be.

12) Numbers KS 1, 2 & 3

Play leader calls out a number and the children have to make themselves into that number by using all the children in their group. For example if the leader calls one all the children have to lie on the floor in a long line.

Easier - Choose easier numbers - one

Harder - Choose harder numbers for the children to make themselves into - number 5.

Safety Notes

Before teaching any of the games inform the children of the rules and check that areas are safe to play in. Also check that all the children’s shoelaces are safely tied.

Ball Games to Promote Physical Activity

1) Caterpillars KS 1 & 2

Divide the children into groups of approximately 10.

Mark out a starting line and a finishing line (about 25 foot away)

The first child in the line passes the ball over their heads to the child behind. The second child passes the ball under their legs to the child behind. This pattern of over head and under legs should continue until the ball reaches the last child. The last child then runs around to the front of the line and begins the sequence again with an overhead pass. This way the line gradually moves forward towards the finishing line. The winning team is the first one to reach the finishing line.

Easy: To make the game easier reduce the number of children in each team and the finishing line closer.

Hard: To make the game harder increase the number of children in the line and use two balls per team and move the finishing line further away.

2) Body Bits KS 1 & 2

This is an easy warm up game:

Each child has a football and has to dribble the ball with their feet.

The play leader calls out foot, back, hand, tummy, etc.

The children then have to stop the ball with that bit of their body.

Easy: Stick with easy bits of the body.

Harder: Use parts of the body that will make ball control more difficult, such as elbows knees etc.

3) Piggies in the Middle KS 1 & 2

Divide the children into groups of three. Mark out two lines (the width of this will depend on the number of children and the distance they can throw a ball).

This game could be a timed game.

Two teams face each other behind each of the lines and the third teams are the 'Piggies in the middle'.

The aim is for the two teams to throw the balls to each other without the 'piggies' in the middle catching them.

The game ends when all of the balls have been caught by the piggies or when the time is up.

The teams should rotate so each team takes turns at being the 'piggies'.

If playing a timed game the winning team is the team that caught the most balls while being the 'piggies'.

Easy: To make this game easier put the lines closer together and if playing a timed game make the time slightly longer.

Hard: To make the game harder make the lines further apart and use only a short time for the 'piggies' to be in the middle.

4) Freeze Tag KS 1 & 2

Set up a large rectangle with cones and have the players dribble in the rectangle. After a short time, take the ball away from one or two players who then become 'it'. Any player whose ball is touched by an 'it' player becomes frozen and has to stop dribbling, spread their legs apart, and hold their ball above her head. They are frozen in this position until another player dribbles her ball between the frozen player's legs. Switch the 'it' players often.

Easy: Have more 'it' players.

Hard: Make the game a contest to see who can freeze the most at one time.

5) Elephant football KS 1, 2 & 3

Organise the children into a circle: make sure that their feet are touching and there is a gap between their legs. Ask the children to join their hands together and explain to them their feet are stuck to the ground by chewing gum and they can't move. They play leader rolls the ball into the circle and the children have to stop the ball going through their legs by using their hands only.

Easy: To make the game easier decrease the size of the circle.

Hard: To make the game harder increase the size of the circle so that the gaps between the legs are made wider.

Harder: Using a large circle introduce extra balls to the circle.

6) Crazy Monkeys KS 1, 2 & 3

Mark out a pitch (the size will depend on the number of children). Most of the children should be given a football (two children out of a group of ten should NOT be given a ball). The children without balls are the Monkeys.

The children with the footballs have to dribble the ball around the pitch without the ball leaving the pitch area.

The aim of the game is for the Monkeys to kick the balls out of the pitch area. The children who have had their balls kicked out then become monkeys. The game ends when all the footballs have been kicked out of play.

Easy: To make the game easier increase the number of monkeys at the start of the game.

Hard: To make it harder decrease the number of monkeys at the start of the game.

Harder: To make this game even harder, the players must only use their left foot.