



Developing Links with Schools – Children & Young People

More People **More Active** **More Often**

Icebreaker Activity



Working with Schools – your success stories

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Icebreaker Activity



What is your club/ organisation ??





Life in the 1920s and 1930s, the era of the Great Depression, was difficult for many families. The affluence of the middle and upper classes was in stark contrast to the abject poverty experienced by families dealing with unemployment, slum housing and deprivation.



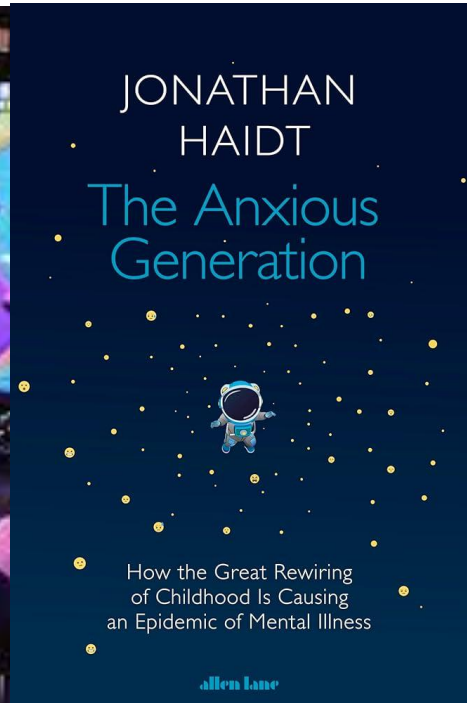
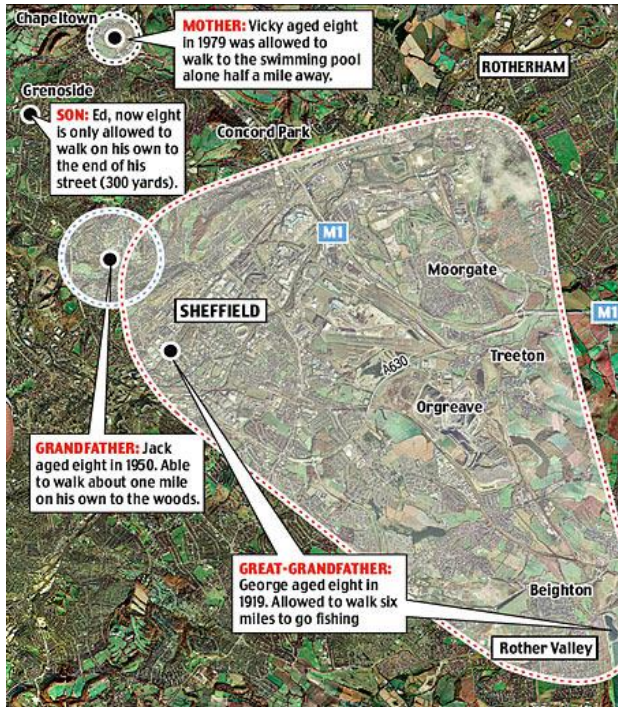
There was an emphasis on the three R's – reading, writing and arithmetic – but there was also nature study, singing and weekly country dancing lessons. Sewing, knitting, woodwork and cookery lessons were taught to older pupils as well as a Personal Hygiene class once a week.

Where are we now

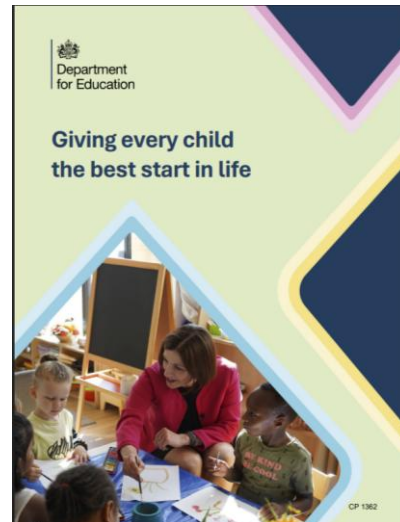


<https://youtu.be/2HG29HGxE5A?si=dHOBcBjq3B7r0Lit>

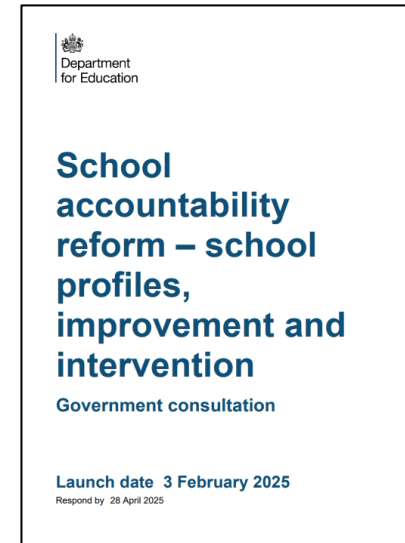
other insights...the re-wiring of childhood



National Update



Press release
Prime Minister meets with Lionesses ahead of the Euros to announce a new approach to school sport



Where are we now



Discussion

What is your role/ how can you support ?

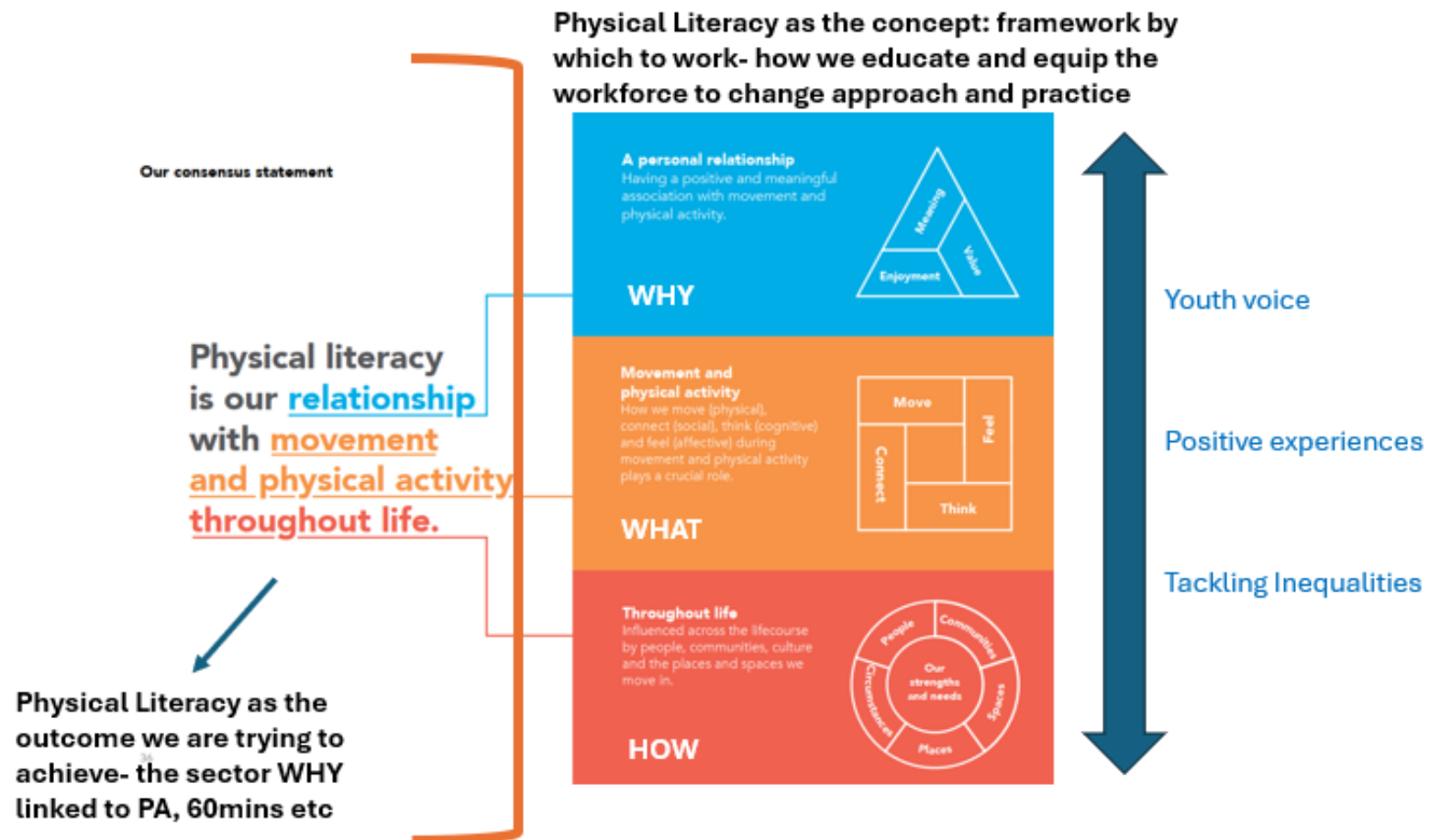
What are the concerns for your club / organisation today

Physical Literacy

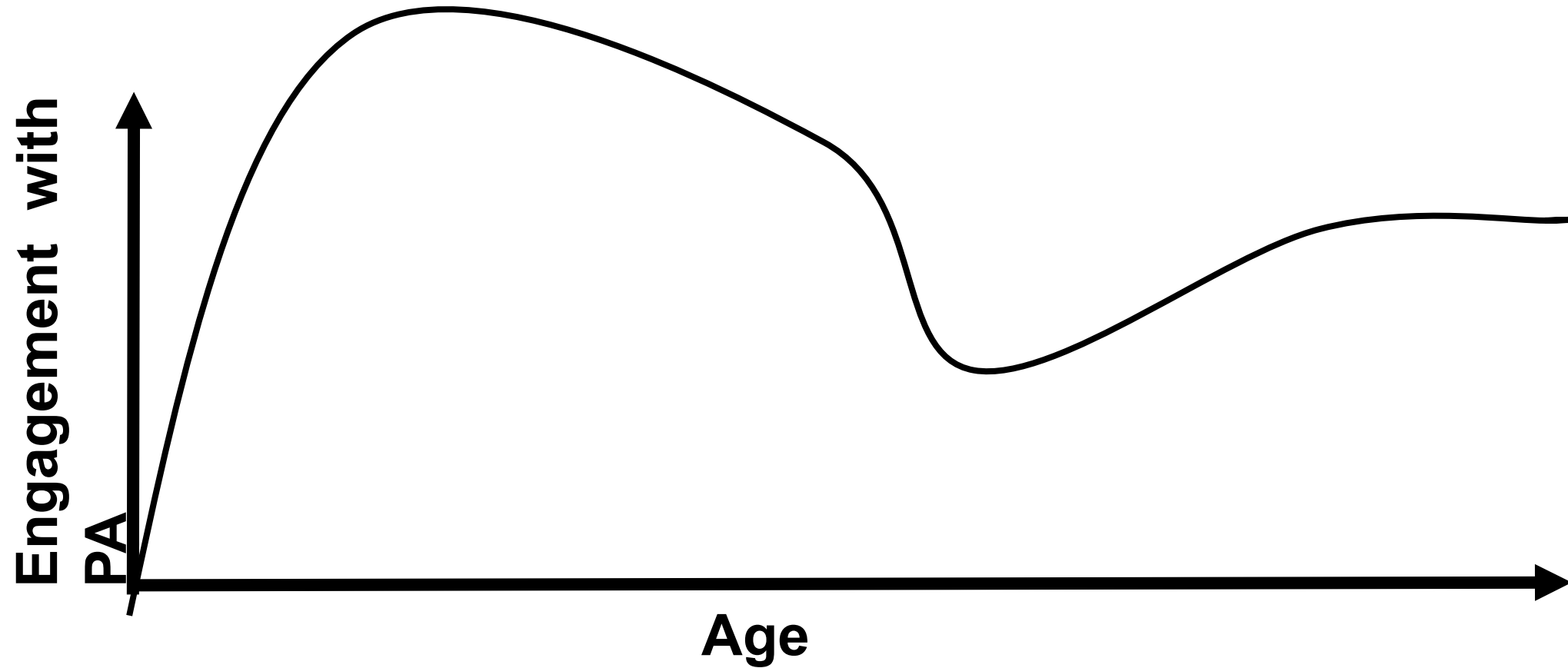
The consensus statement will help us understand how our relationship with sport and physical activity changes over our lifetime and is shaped by our experiences and our opportunities to be active.

[Physical Literacy Consensus Statement for England published](#)
[Sport England](#)

Herts Sport & Physical Activity Partnership



Your Relationship with Physical Literacy



What makes our Experiences Positive?

What's your why?

Choose three images that stand out to you most for what movement and physical activity means to you. Discuss.

What images would appeal to children and young people ??



**School Sport and Activity
Sector Partnership**



www.youthsporttrust.org/SSASP

The Mission and The Vision

Vision and Mission



The School Games vision and mission sets out our ambitions for young people. The vision states what we want to achieve, and the mission gives clarity around how this will be achieved. Delivering change locally whilst making a difference nationally is key to the success of the vision and mission being achieved.

Vision

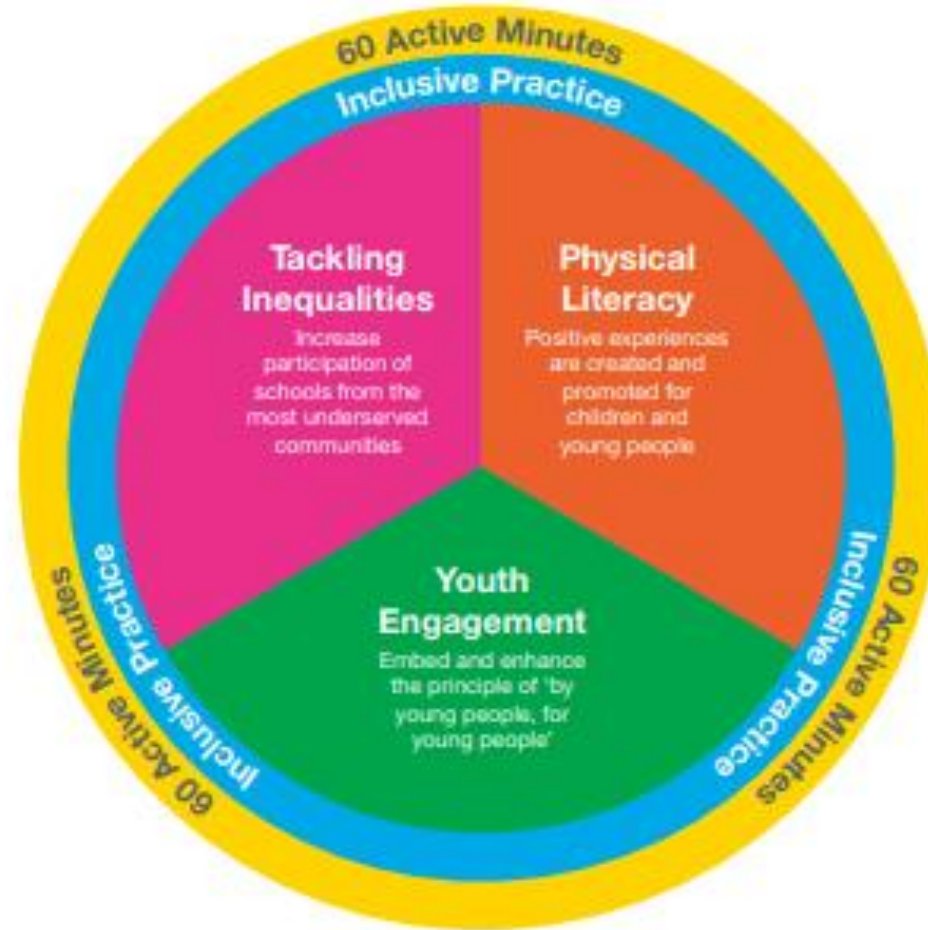
The School Games will make a positive and meaningful difference to the lives of children and young people through sport and physical activity.

Mission

Putting physical activity and school sport at the heart of schools. Providing young people with the opportunity to enjoy and learn through competition to achieve their personal best.



School Games Pledges



The Five Outcomes

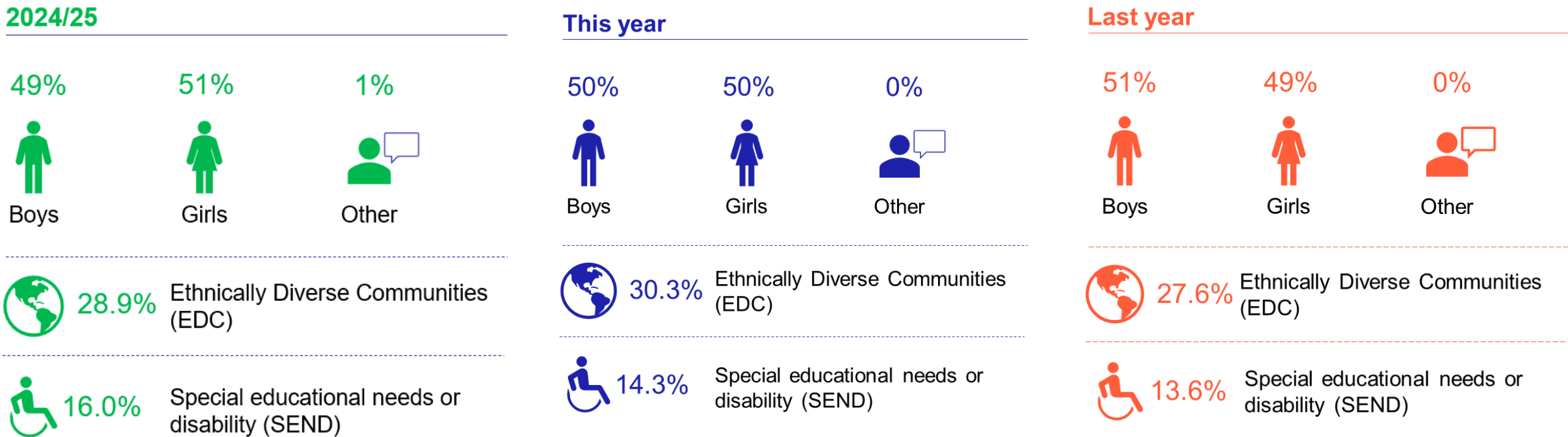
The five School Games outcomes ensure that there is a clear direction and a collective ask to the School Games network to work towards the same priorities for young people in Year 3 to 13 across all education settings.

- 1 Advocate and position the delivery of the CMO daily active minutes for all young people, as a universal offer to maintain and grow school engagement¹**
- 2 Ensure all competition has a clear intent and creates positive experiences based on the motivation, competence and confidence of the young people that need our support the most**
- 3 Have a clear focus on secondary school engagement and transition points**
- 4 Support the personal development of targeted young people through youth engagement and leadership**
- 5 Advocate and engage key stakeholders² on the value of School Games to support local provision and improve the experience for young people and their families**

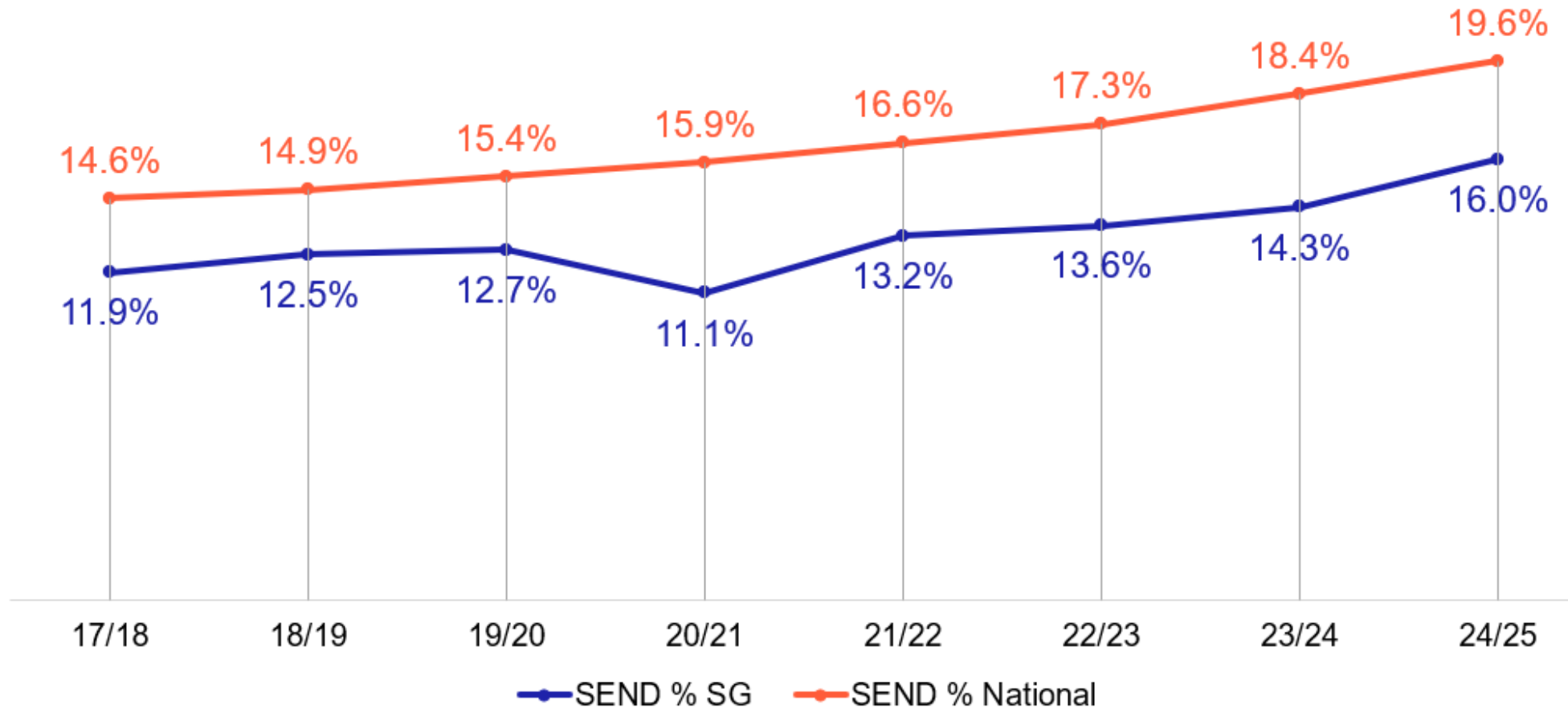
Data

In order to focus on the three pledges – as Herts School Games and the SGO’s we are looking to target specific inequalities, physical literacy and youth engagement:

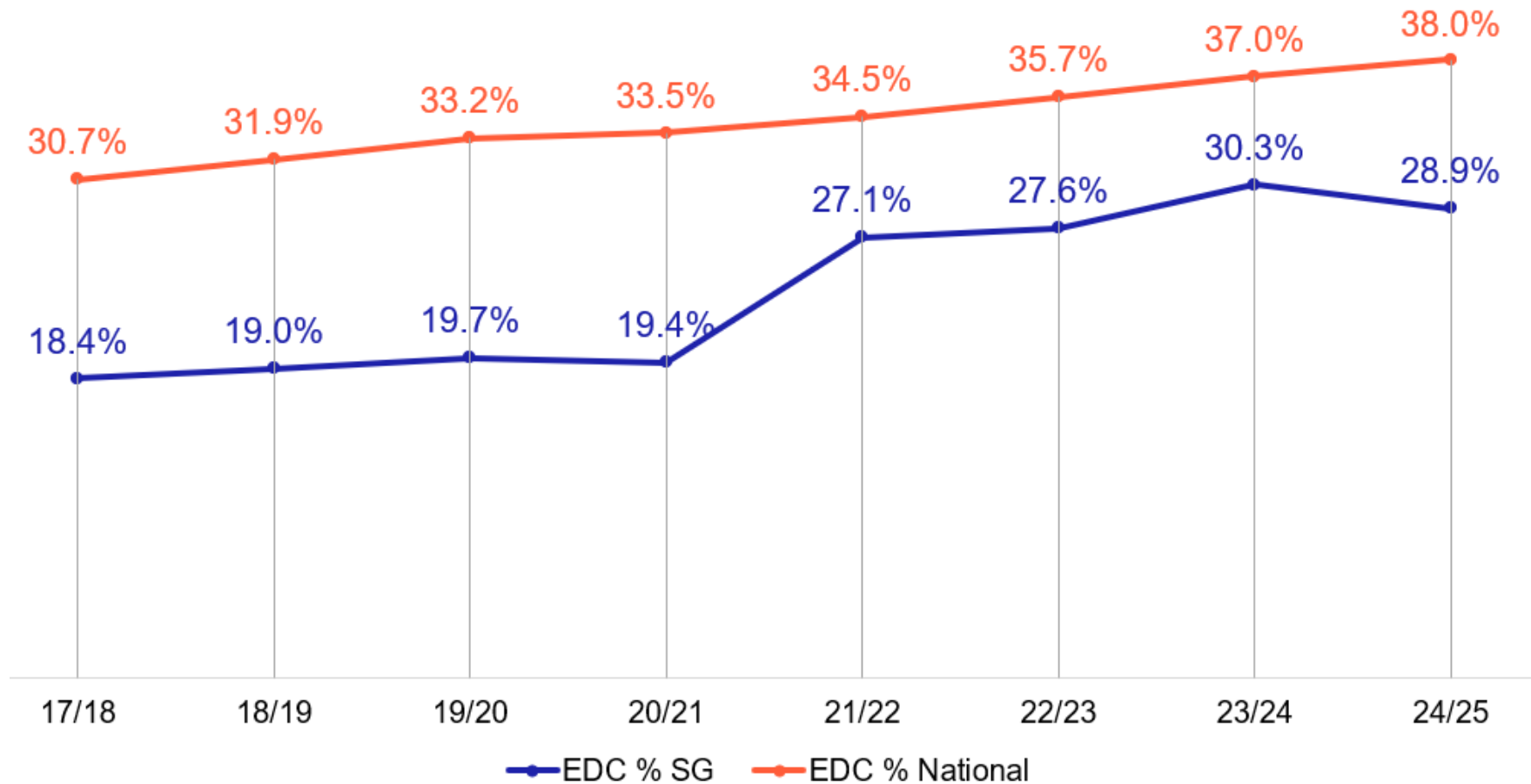
School Games National data (www.youthsporttrust.org)



Special Education Needs & Disabilities



Ethnically Diverse Communities



National Data

- 2.2 million children are now doing less than 30 minutes of activity a day
- Only 48% are meeting the UK's Chief Medical Officers' (CMO) recommendation of at least 60 minutes of physical activity a day.
- One in ten children in the UK are obese or at risk of obesity.
- 1 in 10 young people in the UK have low wellbeing
- 70% of parents believe that as a result of digital distractions children are spending less time being active
- Poor physical development is impacting school readiness with teachers reporting one in three children were not school ready.
- New research included in the report highlights that amongst teachers and parents, awareness of the CMO recommendations continues to be low, with 34% and 32% aware respectively.

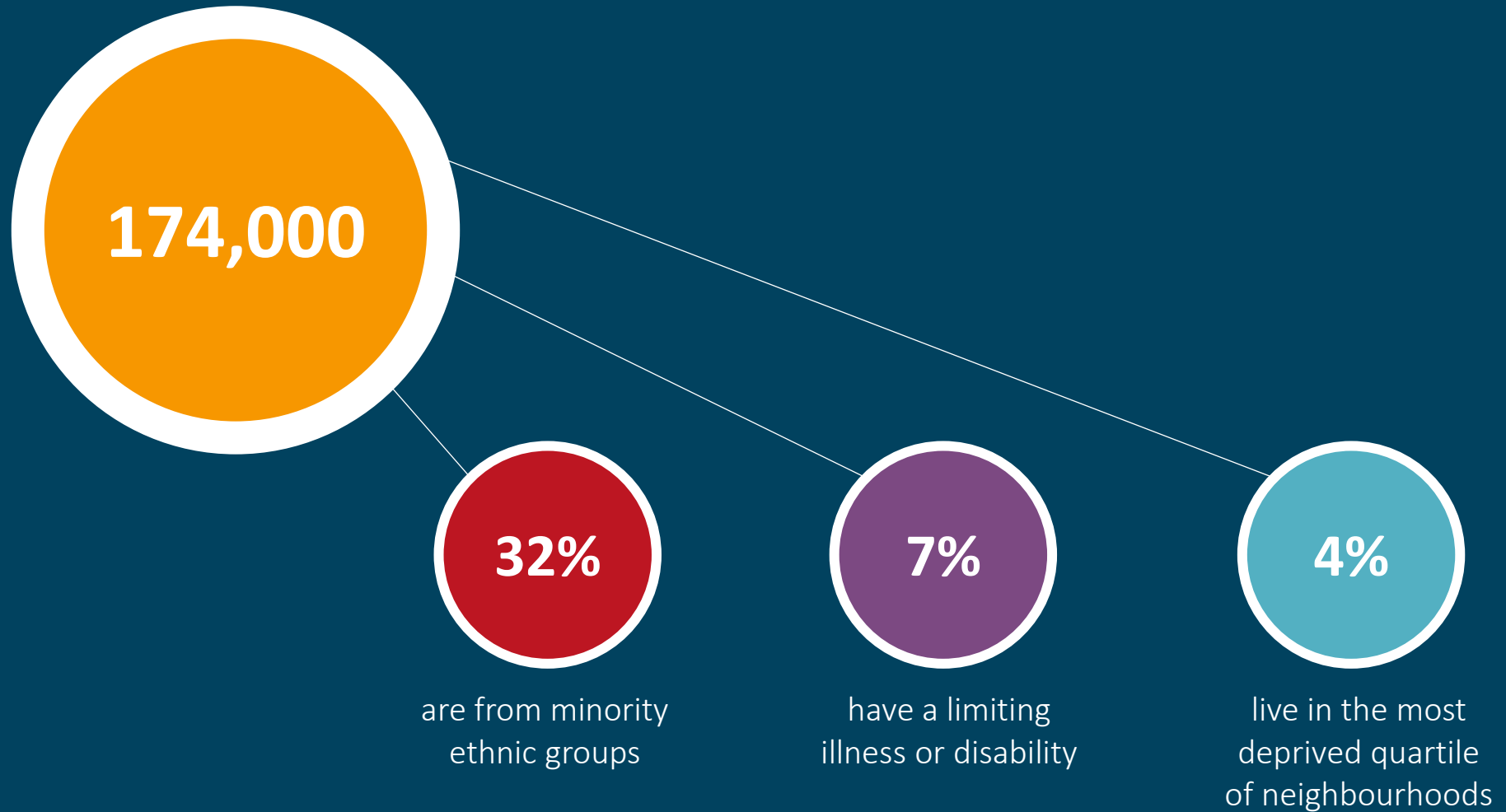
Children & Young People
Physical Activity
Behaviour in
Hertfordshire



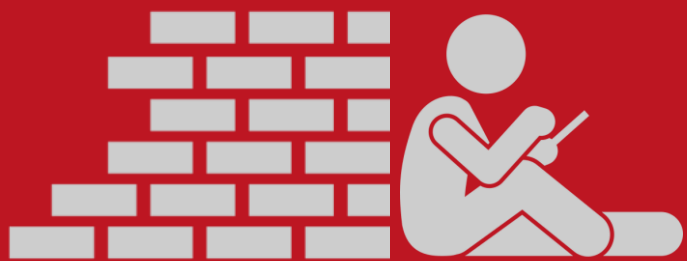
March 2025
Active Lives Children's Survey 2023-24



There are **174,000** young people in Hertfordshire

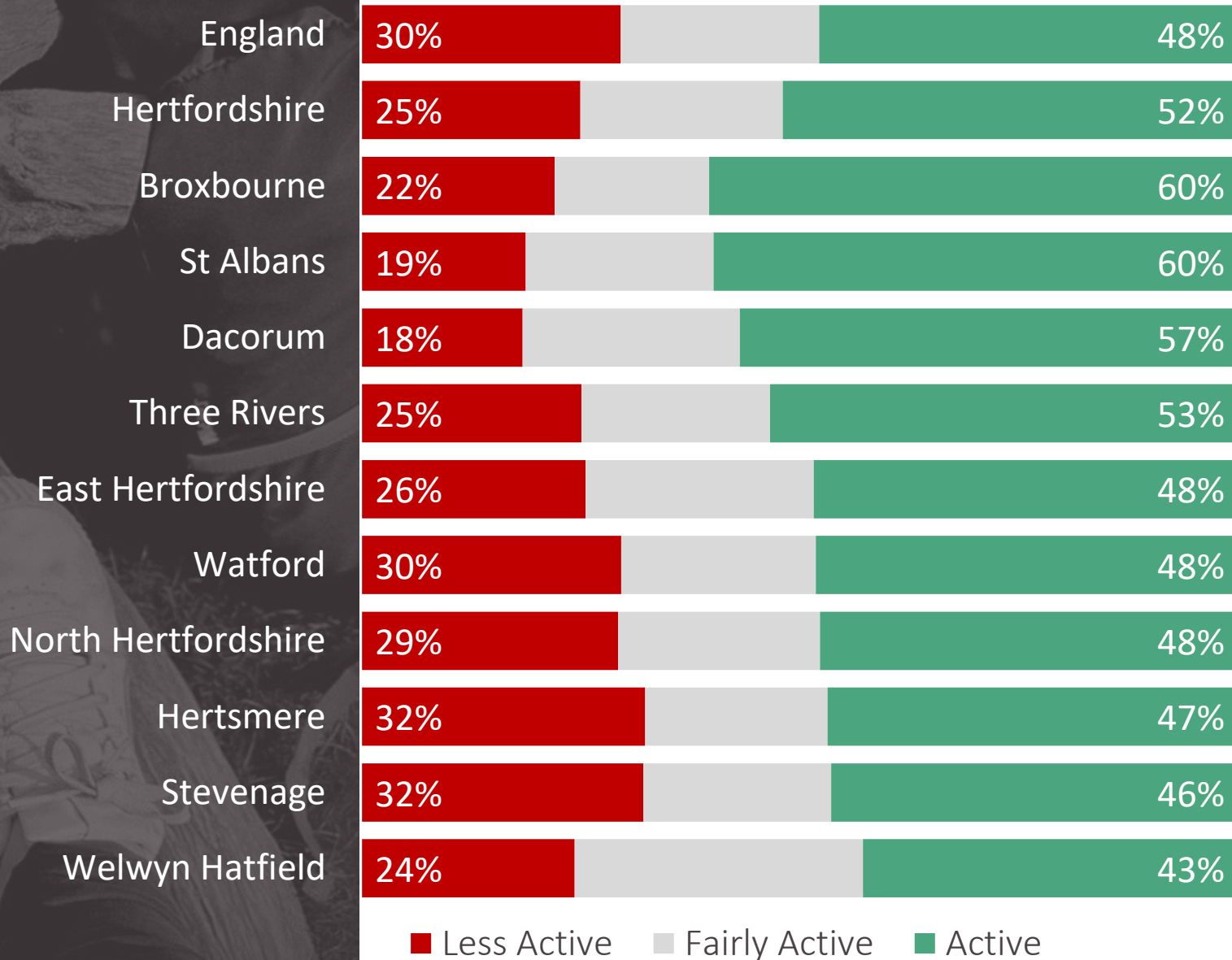


48% of children and young people are **not active enough**



That's **83,700**
young people not
meeting recommended
activity levels

There is a 17%
difference in
activity levels
across our local
area



Key messages



- **Nearly half (48%) of our children and young people are not active enough.** That's around 83,700 children and young people in Hertfordshire not meeting recommended activity levels
- Activity levels have increased over time
- Children and young people in **Welwyn Hatfield experience the lowest activity levels** (43% active) and those in Broxbourne the highest (60% active)
- The **Inequalities metric** shows activity rates are much lower for young people with two or more characteristics, and lower than national
- There is a gender inequality gap, **girls are less likely to be active**
- Children and young people from **high affluence families are far more likely to be active** than their peers from both low and medium-affluence families. **Our low affluence families are the least likely to be active**
- **Primary school children** experience lower levels of activity. Activity levels peak in years 7-8.
- Children and young people from **ethnic minorities** are less likely to be active than those from White British backgrounds
- Young people who report that they do not have **access to outdoor space** are less likely to be active
- Having a strong positive association to movement and physical activity contributes to higher active levels



Developing Links with Schools – Action Plan

Which schools ?

- Location of the school to club.
- Placed based areas – Cowley Hill & Waltham Cross.
- Research school – websites / use of PE premium

What is your offer ?

Link to Year of Disability Sport and Physical Activity (YODSPA)

- How do you advertise your offer ? Leaflets/information
- Unique offer/ Flexible
- Costings of the offer.
- Curricular PE/Secondary schools – focus KS4/KS5, offer alternative sports / any links to funding ?
- Look at school games /district calendars – Can you offer any support?
- Cross Curricular themes – Projects that may include science, numeracy and literacy but delivered in a practical way.
- Health agenda/obesity/mental health.

Key Considerations

Approaching the school

- How?
- Who?
- Setting the scene, being organised.
- Talk to schools about what they need – be prepared to adjust your offer – Bespoke to each school
- Remember word of mouth

Discussion



- Discuss in groups your plan of action from today
- Consider the points covered in this presentation
- What will your offer look like
- What help do you need going forward

School Games Organisers

SGO Area	SGO	Host Site	Email
Bishops Stortford	Claire Peet	Birchwood High School	cpeet@birchwoodhigh.org.uk
Dacorum	Chloe Barden	Longdean	c.barden@longdean.herts.sch.uk
North East Herts	Lewis Endacott	King James Academy, Royston	sgo@kjar.org.uk
North Herts	Carl Smith	The Knights Templar	Sgo.nhssp@outlook.com
Stevenage	Connor Moran	Barnwell School	cmoran@stevenagesportingfutures.co.uk
St Albans	Dan Klinger	Oaklands College	d.klinger@roundwoodpark.co.uk
Harpenden	Dan Klinger	Roundwood Park School	d.klinger@roundwoodpark.co.uk
Watford and Hertsmere	Duessa Lipley	Queens' School	lipleydu@queens.herts.sch.uk
Watford and Three Rivers	Matt Harrington	Rickmansworth School	mharrington@rickmansworth.herts.sch.uk
Haileybury Turnford	Mia Berry/ David Greene	Haileybury Turnford	sgo@haileyburyturnford.com
Hertford and Ware	Lisa Robinson	The Sele School	lrobinson@sele.herts.sch.uk
Welwyn Hatfield	Natasha Ferris	Ridgeway Academy	ferrisn@ridgeway.aetrust.uk

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Thank you

