



# Foreword

We're just itching to get out of the blocks and get National Schools Sports Week activities underway. It's the greatest opportunity of the summer to get kids active, working together and healthy in mind and body.

And we can all get involved, clubs, schools, families, organisations and like-minded partners – everyone who shares organisers Youth Sport Trust's ethos of improving young people's physical, mental and social wellbeing through 60 minutes a day of Physical Education, Sport and Play.

At ClassForKids, we know that's easily achievable. We facilitate more than 3,000 activity clubs for youngsters up and down the country and we're constantly striving to encourage the next generation to be the best they can be.

But, with fewer than half of all children and young people in the UK achieving the Chief Medical Officers' recommendation of 60 minutes of physical exercise daily, there is plenty of scope for improvement.

This year's National School Sports Week theme – the Monster Kickabout – inspired by this summer's Euros, Olympics and Paralympics, invites children to not only kick football but to play other games like kick-tennis and foot golf, or anything else that might come to mind – as long as it's sport!

We hope you'll join us from June 17th to 23rd in supporting this amazing annual initiative aimed at helping all youngsters reach their full potential – whichever their chosen activity.

Our resource pack provides everything you need to kick start your sporting week, from activity ideas to a weekly planner, a poster and a certificate for youngsters participating in Sports Star Friday fun to aid the Youth Sport Trust. So, get ready, get set, go!

**Duncan Ross, Managing Director,  
ClassForKids**



# National School Sports Week – 2024 Resource Pack

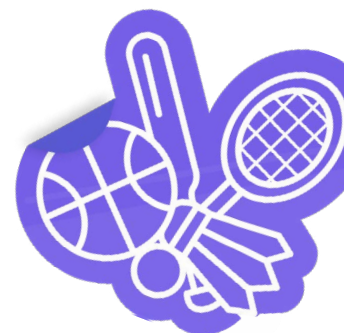
At ClassForKids, we are delighted to get involved in the biggest annual celebration of PE, Play and Sport. Combining physical activity and having fun is in our DNA and this dedicated week is the ideal opportunity for organisations and their teams, families and communities to fly the flag for encouraging 60 minutes of activity daily for young people.

The benefits of regular physical activity and play can be life-changing – it makes kids happier and healthier. But not enough are currently meeting that recommended hour each day. In fact, the recent 2023 YouGov Survey presented by organisers Youth Sport Trust and partner Sports Direct for National Sports Week 2023 revealed only 43% of parents interviewed were aware that children should be active for 60 minutes or more a day, and only 47% of children were meeting these guidelines. A staggering

2.2 million children appeared to be active for less than 30 minutes a day...\* **With your help, we can start to tackle this.**

Our team at ClassForKids is dedicated to assisting business owners who work directly with children and their families with managing their businesses more efficiently, so they can, in turn, dedicate their days to giving local communities all the help they deserve and need to incorporate sports of all kinds into children's daily routines, and improve both wellbeing and a sense of belonging.

We hope this simple resource pack will provide an easy, achievable way to reach the 60-minutes-a-day goal and show it can not only be a lot of fun getting there but this can also produce benefits far beyond the sports arena, by making a real difference to our children's lives and wellbeing.



**\*Source: Youth Sport Trust National Sports Week Resource for 2023; YouGov Plc.** The total sample size was 2,310 adults. Fieldwork was undertaken between 23–24 March 2023. The survey was carried out online. The figures have been weighted and are representative of all GB adults (aged 18+). Filter applied: parents of children aged 18 and under (566 sample)

# How to Use This Toolkit

This National Sports Week Resource Pack 2024 provides you with everything you need to encourage and/or host a programme of events for children and the opportunity to champion the importance of physical activity and its benefits.

A raft of ideas and supporting materials have been included, with adaptability in mind, to be moulded by the expert hands of teachers/coaches. More generic materials have also been provided for use.

You are invited to use the resource in any way that suits you and the young people you work with. We know your expertise and your bond with the children will go a long way to turn our simple toolkit into a really useful source of inspiration!



# The Activity Plan

**Ages 4-11**

**60 Active Minutes a Day/420 Active Minutes a Week**

**Session Timings – 50/60 minutes**

**Pre-Class Preparation – 10 minutes**

**What Does 'Activity' Look Like? – 10 minutes**

**The Weekly Planner – 10 minutes**

**The Game – 15-20 minutes**

**What Did We Learn? – 5-10 minutes**



## Session Objectives:

**The objective of this session is to inspire children and families to find activities which improve their physical activity and create an opportunity to have fun at the same time.**

Note to facilitators: You know your audience! We invite you to teach/coach this in the way that you feel best works and to adapt this resource for your kids, depending on their ages, learning needs and interests. The toolkit is designed with your expertise in mind. Choose either part or all of the content to support ongoing work and conversation with the children, and feel free to use it flexibly during a time that works for you within the framework of the session.

We hope that however you choose to use the resource pack, this could support a discussion about how to work together to increase physical activity literacy

for children and the importance of sport, whilst having lots of fun and with minimal resources (in fact, all you'll need is a PowerPoint presentation and some space to enjoy!).

## After-Session Discussion Points

- **What do we know about 'The Benefits of Physical Activity'?** What is it and how does it affect our lives?
- **How can we look after our Fitness and activity daily?** How do we care about our movement and rest patterns? How do we fuel our bodies for the best results? How do we balance the time spent online with physical activity and spending time with peers?
- **How can we combine small pockets of activity to progress to the goal of 60 minutes or more per day?** Do you know how this improves your brain function?
- **What activity do you most enjoy and how do you feel after practising it?**

# Pre-Class Preparation

## Warm-up

**Slides 1-5** – Display images representing a range of benefits derived from physical activity, including but not limited to:

**Physical health:** cardiovascular fitness, strength, coordination, energy levels, improved sleep patterns (slide 1)

**Mental health:** happiness, better opportunity to tackle stress and anxiety, resilience, improved mood ('feel good' endorphins), better emotional balance (slide 2)

**Social wellbeing:** developing 'trust', fewer issues with loneliness, developing

teamwork, developing communication skills, more connection with others and opportunity to compare feelings (slide 3)

**Brain function:** positive impact on both memory and progress, increased blood flow in the brain promotes cognitive abilities to recall things, improved concentration, enhanced creativity, enhanced activity in the prefrontal cortex which deals with the ability to think and gain perspective (slide 4)

### Ask some key questions (slide 5):

- What benefit is described? Can you name it?
- What other benefits could you think of in connection with physical activity?
- Which benefits would you say are most important to you?



# Inspiration

**Slide 6** – Describe a typical, easy physical activity you can do in ten minutes – give examples: 10 minutes of walking, bicycle riding, skipping a rope, star-jumping, doing sit-ups, playing ball, yoga, dancing, running, playing rounders.

Ask the children to discuss their thoughts, and what makes them feel good when they do sport and physical activity.

**Slide 7** – But keeping physically active doesn't mean being perfect. It means moving and connecting with others through movement, finding improvement, making good lifelong habits and creating enjoyment and lifelong value.

Add examples of families moving together, friends dancing, teammates running, club pupils swimming, and gymnasts standing together on a podium after winning a team medal.

**Slide 8** – **Key question:** What does 'commitment to being more physically active' mean?

**Key message to share:** *keep learning how to incorporate movement in your daily activities and how 10 minutes here, 5 minutes there, 20 minutes at your club after school, walking rather than being driven to clubs/school, dancing with friends and many other opportunities can contribute to easily achieving the '60 minutes per day' goal.*



# The Activity

## Slide 9 – Let's get moving!

Develop the idea that by moving and being physically active we can help improve so many different aspects of children's lives.

**Key question:** What does movement mean?

**Key message:** Any exercise that gets you physically active is good exercise. It could be cycling to school, playing in the park, a game of tag with friends or it could be an organised activity you do as part of a club – football, gymnastics, dancing, swimming.

Ask the children how they learn when they practise their favourite sport or exercise outdoors.

**Slide 10 – Key question:** What do you enjoy most about your club? Why do you feel being part of it is good for you?

- How do you feel after your exercise?

**Key Message:** Being physically active is great for our bodies. It builds muscle and

strong bones, makes us more flexible, helps us go faster and helps us relax. But it is also good for our mental health. It makes you feel better, happier, confident. It also helps us concentrate and sleep better. Ideally, you should be moving every day for at least an hour – sounds like a lot but you're probably already doing quite a lot. Even walking to school counts. If you add 10 minutes walking, to 10 minutes skipping a rope, to 20 minutes PE at school to 20 minutes exercise at your club – that's 60 minutes!

## Slide 11 – The Feel Good Factor

**Key question:** So how does it make us feel better?

**Key Message:** We all have chemicals called hormones in our bodies. These can change our mood – make us happy, sad, or angry. When we're doing exercise and moving, we produce chemicals called endorphins which help us to feel happier. They're called the feelgood or happiness hormones so an easy way to make some is to get moving! We also gain more 'brain power' to concentrate, learn and remember things.





**Slide 13 – The Weekly Planner – Inspiration to Achieve 420 Active Minutes a Week**

**Key Message:** *The government recommends children get at least 60 minutes of physical activity per day, with 30 minutes taking place at school and the other 30 outside of school. These minutes can be spread out over the week, but it’s important to ensure that children get 420 active minutes a week. Extra-curricular clubs are key to achieving this goal, and can inspire families and children alike with an array of opportunities to move more.*

**Key question:** What do 420 active minutes look like to you? Facilitate discussion with the children

**Key Message:** *What activities do you think might be achievable before school?*

*What do 30 minutes of activity a day pre and/or post-school look like? Do you walk, cycle or scooter to school? Do you have a pet you regularly play with? What other examples can you think of?*

**Key Message:** *What can a Club activity do to contribute to your activity level? Maybe you’ve always wanted to do gymnastics, tennis, football or swimming – or maybe you want to try your hand at more than just one activity! There are so many clubs to join and share the feelgood factor that exercising brings with your friends.*

**Slide 14 – (Graphics)**

**Weekly Planner representing what 30+30 minutes (+ some optional activity) a day could look like and provide inspiration as well as a way to record progress.**

	<b>On the way to school</b>	<b>Morning</b>	<b>Lunchtime</b>	<b>On the way home</b>	<b>Afternoon</b>	<b>After dinner</b>	<b>Total/ How was your day?</b>
<b>An example, In minutes...</b>	Walking – 5 minutes	Active Art lesson – 10 minutes	A game of football – 20 minutes	Walking – 5 minutes	Swimming club – 20 minutes	(Optional) A quick bike ride – 10 minutes	60 to 70 minutes
<b>Monday</b>							
<b>Tuesday</b>							
<b>Wednesday</b>							
<b>Thursday</b>							
<b>Friday</b>							
<b>Saturday</b>							
<b>Sunday</b>							
<b>Total</b>							
<b>Notes</b>							

# The Game

## Slide 15 – Let’s try some fun activities out!

Choose an activity to participate in as a part of your club/class and add the relevant slide. Ideas could be:

- A physical board game: ‘live’ Connect 4 anyone?
- A game of ‘Tag’
- Who’s most flexible? A game of ‘Limbo’ worth of a circus performer
- Simon Says (i.e. jump like a frog, fly like a bird)
- A rope-skipping contest

## Slide 16 – How did we do?

**Key message:** *Well done everybody! We had lots of fun with our physical activity session. Let’s talk about what we learnt and how all activity counts towards our*

*daily total of at least 60 minutes a day.*

**Key question:** What was the best part of the game? How did you feel?

Facilitate a discussion.

**Key message:** *For the rest of National Schools Sport Week and beyond, we want to keep up this good habit of being active for at least 60 minutes per day. In fact, we want to turn this into a daily healthy habit! And...you are more likely to keep it up if you are doing something fun and with someone you like.*

**Key question:** How do you think you might be able to keep your 60 minutes per day up? How do you think you might like to organise your activities to achieve your goal?

The children can either write their



## Slide 16 – What did we Learn

Lead a cool-down session as you would at the end of your usual classes, then start an emotionally relaxing activity where the children have the opportunity to discuss the learnings. Children can hold a chosen object which represents their turn to speak, and they can then pass it along to continue the conversation.

**Key Message:** *After any physical activity, we need to cool down and relax our muscles and our minds. It's great to have the opportunity to discuss what we love best about our favourite classes, games and sports and how we'd be able to share our learnings with each other and other people, to encourage them to be active for 60 minutes a day too.*

**You could play relaxing music if that's possible, or show relaxing images in the background.**

**Key Message:** *Hold the chosen object (i.e. a toy, a mascot, a stick, a ball or anything else which could be meaningful to the children) and tell us how achieving 60 minutes of physical activity today has made you feel. You should have some endorphins, the happy hormones, racing around your body. Let's relax and slowly breathe in and out and remember how good you feel after that exercise. What do you think you'd be able to share with other friends to convince them that 60 minutes of activity per day is really achievable?*

**Key question:** How are you feeling now?  
Key question: What do you think you have learnt today?





# SPORTS STAR FRIDAY

This is to certify that



Unleashed their inner athlete and took part in Sports Star Friday to help ClassForKids champion a love of sport and play during National School Sports Week 2024. Congratulations on looking the part and flying the flag for your favourite sport. Just 60 minutes of physical activity a day makes a positive impact on everyone.

**Let's keep active!**





**ClassForKids**<sup>®</sup>  
an  access company

**GET READY, GET SET, GO!**

# **NATIONAL SCHOOL SPORTS WEEK 2024, JUNE 17–23**

We're celebrating our love of sport with a host of fun activities and initiatives. Get involved in this chance to champion the importance of physical activity and wellbeing for all young people.

**Speak to your coach to find out more!**



# Curriculum Links

## England

KS2 Education physical health and mental wellbeing education (part of RSE and health education).

## Northern Ireland

KS1 & KS2 Personal Development and Mutual Understanding.

## Scotland

First to Second Level, Health and Wellbeing, Physical activity and health.

## Wales

Health and Wellbeing, Progression Steps 2-3.





# Get In Touch

You can get in touch with us via our website or our socials links below!

**Thank you & have fun!**



Contact Us

