



Our Children have just one childhood

 www.youthsporttrust.org | [@YouthSportTrust](https://www.instagram.com/YouthSportTrust)

The reality

Our children are in poor shape

Childhood
obesity



Physical
ill health



Mental
ill health



Loneliness



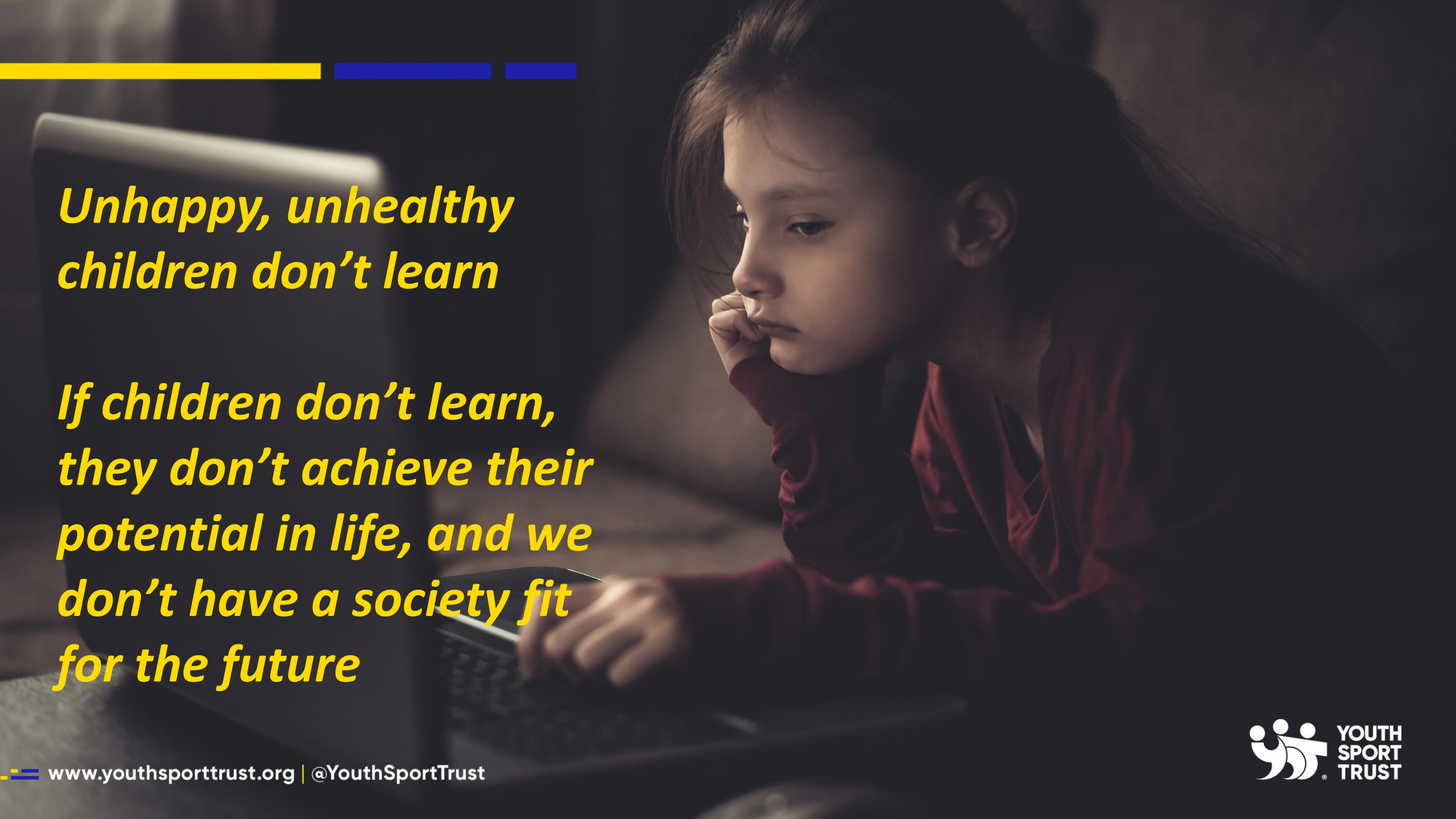
Low life
satisfaction



81%

of parents believe that cuts to PE, sport and break time will have a negative impact on wellbeing

Unhappy,
unhealthy
children
don't learn



***Unhappy, unhealthy
children don't learn***

***If children don't learn,
they don't achieve their
potential in life, and we
don't have a society fit
for the future***



What we know...



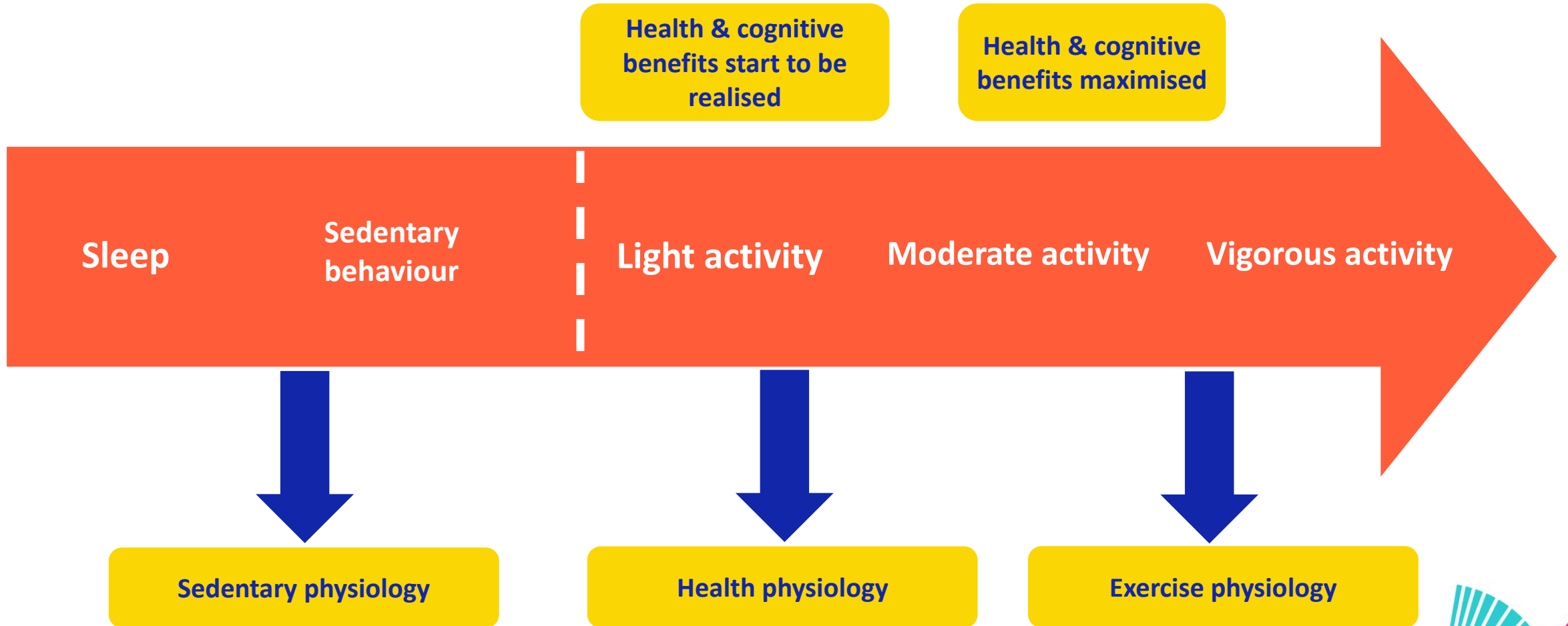
“ *Children thrive when they are playing, moving, outdoors and with other children (and hungry 😊)...when we remove these conditions their behaviour will match the environment we create for them!* ”



What we heard...



The Evidence...



active transport	informal opportunities	formal opportunities	high quality PE
everyday activity: 60 minutes a day			2 hours a week
for example: park and stride/ cycling and scooters	active play: equipment, resources and facilities daily physical activity e.g. 10 minute shake- up Lunchtime casual sessions; gym	play leaders and structured lunchtime play out of hours clubs competitive school / college sport outdoor and adventurous active classrooms collapsed timetable	compulsory PE within the curriculum full time or part time PE, sport, health and fitness courses
informal can be parent led	informal pupil / student led	structured and planned and adult led	curriculum formal and staff led
travel plans	enrichment and physical activity	supervised clubs and participation sessions	sport study programmes

What works to MOVE WELL



A reality...Oasis Blakenhale

2018:

- Attendance - 92%
- Mental Health challenges
- High KS2 exclusions
- Violent outbursts
- Poor parent engagement
- Poor behaviour in social situations inc. breaktimes
- Pent up emotions and disruptive behaviour in the classroom
- Bottom 5% for attainment
- Ofsted judgement – ‘inadequate’

An approach...Oasis Blakenhale

- School opens at 8:10am for physical activity sessions in the main hall. (Tuesday – Thursday)
- PE and fitness lessons throughout the day.
- Staff gym with Monday after school staff fitness club.
- Steps sessions every Thursday and Friday morning before school.
- 13 lunchtime and after school clubs for pupils to attend.
- Each playground (3) have lots of resources and assigned areas of play.
- Structured activities for all pupils to do, ranging from trikes and bikes to trim trails and a traverse wall.
- Zoned areas.
- Staggered lunchtimes so pupils can use more of the resources.
- Continued Pupil voice has led to these activities being completed.
- Member of SLT on playground always.
- Lunchtime clubs ran by pupils.
- Play leaders to support in KS1 and setting up playgrounds.
- Yearly Lunch time supervisor training.

An impact... Oasis Blakenhale

Jan 2024:

- Attendance - 97%
- Attainment to top 1% nationally.
- Jan Ofsted: staff survey 100% happy+
- Ofsted judgement 'good' school with outstanding elements.
- 0 exclusions in 5 years
- Lunchtime behaviour incidents reduced:
 - 2022: 54
 - 2023: 48
 - 2024: 15
- 95% of KS2 pupils enjoy lunchtimes. (Pupil survey KS2 – January 2025).

10 Top Tips for active lunchtimes

1. **Make more time** – reducing time is counterproductive
2. **Use all the space** – space is at a premium to use it all
3. **Give us the stuff** – access to lots of equipment and resources initiates play and activity
4. **Mud is fun, water isn't acid** – work with parents to support muddy knees
5. **Bumps and bruises build bodies and minds** – some risky play is good for brains and bones
6. **We love a bit of rough and tumble** – every animal regulates in the same way
7. **Bring back the old school games** – think about something that includes everyone
8. **Music moves** – create the right vibe to move
9. **The power of peers** – playground leaders and play activators rule the roost
10. **LEAVE US ALONE!** – Steps aside adults, we've got this!

“ *Play is something I do when all the adults have stopped interfering...* ”



Become a Changemaker

Be part of the solution.

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