



# DrEAM

## Drop Everything And Move



Strong evidence proves that regular physical activity is associated with numerous health and education benefits for children. The UK Chief Medical Officers recommend:

- Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week.
- Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.
- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity.

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 break-times, 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)**



# 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 activities:

**Movement  
Breaks**











**Active  
outdoors**













**Active  
Learning**



<b>Activity Type</b>	<b>Time</b>	<b>Activity</b>	<b>Description</b>	<b>Space</b>	<b>Resources</b>
	15 mins	The Daily Mile	Run, Jog, Walk for 15 Minutes / 1km in the fresh air, in uniform	Outdoor Space	<a href="http://www.thedailymile.co.uk/">www.thedailymile.co.uk/</a>
	5 mins	Just Dance	Access through Web browser, Smart TV, Tablet, - dance tutorial – range of songs and Movements for children to copy	Flat space	<a href="http://www.youtube.com/channel/UChjW4BWKLqpojTrS_tX0mg">www.youtube.com/channel/UChjW4BWKLqpojTrS_tX0mg</a>
	10 mins	10 Minute Shake Up	A range of fun Shake Up games inspired by Disney and Pixar <i>movies</i>	Flat space	<a href="http://www.nhs.uk/10-minute-shake-up/shake-ups">www.nhs.uk/10-minute-shake-up/shake-ups</a>
	5 Mins	Go Noodle	Move with purpose – hundreds of videos that activate kids bodies and brains for short bursts	Flat space	<a href="http://www.gonoodle.com/">www.gonoodle.com/</a>
	10min +	Cosmic Yoga	Online tutored stories with simple Yoga based movements.	Flat Space	<a href="http://www.app.cosmickids.com/">www.app.cosmickids.com/</a>
	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	<a href="http://www.plprimarystars.com/">www.plprimarystars.com/</a>

	30mins +	Tablet-led Orienteering	Global game of hide and seek linked with outdoor learning and linked to curriculum.	Outdoor space	<a href="http://www.questr.org/">www.questr.org/</a>
	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	<a href="http://www.fitterfuture.com/">www.fitterfuture.com/</a>
	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	<a href="http://www.youthsporttrust.org/active3030">www.youthsporttrust.org/active3030</a>
	15mins +	Active Phonics	Active Phonics is a highly engaging multisensory fusion of phonics and Physical Education.	Classroom	<a href="http://www.activephonics.co.uk">www.activephonics.co.uk</a>
	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	<a href="http://theimovement.com/">http://theimovement.com/</a>
	15min +	Active Story/ Song time	Ideas and resources to ensure Songs and Stories are made physically active for children.	Classroom	<a href="http://www.actionforhealthykids.org">www.actionforhealthykids.org</a>
	30mins +	Tagtiv8	Tagtiv8 Number is an innovative approach to deliver a range of curricular areas in an active way	Indoor/ Outdoor/ Classroom	<a href="http://www.tagtiv8.com">www.tagtiv8.com</a>

	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	<a href="http://www.mightymaths.co.uk/">www.mightymaths.co.uk/</a>
	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	<a href="https://www.jumpruk.com/the-lock-down-jump-rope-challenge/">https://www.jumpruk.com/the-lock-down-jump-rope-challenge/</a>
	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	<a href="http://www.cambslearntogether.co.uk/services-to-schools/pe/physical-activity">www.cambslearntogether.co.uk/services-to-schools/pe/physical-activity</a>
	10mins +	Supermovers	Fun curriculum linked resources to get your class moving while they learn	Classroom	<a href="https://www.bbc.co.uk/teach/super-movers">https://www.bbc.co.uk/teach/super-movers</a>
	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	<a href="http://www.bbc.co.uk/programmes/b006mvsc">www.bbc.co.uk/programmes/b006mvsc</a>
	15mins +	Dough Disco	Moulding dough in time to music to strengthen fine motor skills helping with pencil grip and writing	Classroom	<a href="http://www.youtube.com/watch?v=i-lfzeG1aC4">www.youtube.com/watch?v=i-lfzeG1aC4</a>

	10mins +	<b>ACTIVE CLASSROOM</b>	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	<a href="http://www.activekidsdobetter.co.uk">www.activekidsdobetter.co.uk</a>
	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	<a href="http://www.youtube.com/watch?v=0TgLtF3PMOc">www.youtube.com/watch?v=0TgLtF3PMOc</a>
	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	<a href="https://www.bbc.co.uk/programmes/b006mvsc">https://www.bbc.co.uk/programmes/b006mvsc</a>

## For further advice / Guidance

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