

The Get Moving Package	
Priority:	Healthy Weight (Promoting Physical Activity)
Healthier Behaviour Outcomes:	<p>Choose 2 of the following:</p> <p>To increase the number of children who</p> <ol style="list-style-type: none"> 1) take part in physical activity before and after school, on more than 2 days a week; 2) take part in daily physical activity during the school day Eg wake and shake; 3) take part in active play during the school day.
Activities:	<p>Needs assessment:</p> <ul style="list-style-type: none"> • Review current provision/opportunities for physical activity during the school day • Review pupil involvement in physical activity before & after school <p>Planning & preparation:</p> <ul style="list-style-type: none"> • Agree an approach/projects (from options below) • Access support needed • Develop action plan with timescales • Communicate HS+ planned activities to wider school community (parents, pupils, staff and governors etc) • Plan opportunities for parental involvement/family learning <p>Implementation:</p> <p>Possible ideas for activities to implement:</p> <ol style="list-style-type: none"> 1) <ul style="list-style-type: none"> • New after school clubs (e.g. sports, dance, orienteering, drama, cheerleading, yoga). • Walking bus • Urban walks • Bikeability • Promotion of local activities (e.g. at parents evening) 2) <ul style="list-style-type: none"> • Walk around the world/ use of pedometers • Wake & shake • Wellie walks • Active play (e.g. huff & puff) • Sports leadership programme (pupil involvement) • Sing Up • Family learning opportunities – parent and child activity sessions

	<p>Ensure that you:</p> <ul style="list-style-type: none"> • Embed HS+ outcomes in the SEF and school development plan • Set up/ review cluster school council network to discuss pupil involvement in increasing opportunities for involvement in physical activity
PDE Team Support:	<ul style="list-style-type: none"> ○ Wiltshire Certificate for PSHE (see flyer) ○ Cluster training on promoting health in PSHE ○ Cluster parents evenings support ○ Governor training ○ PSHE curriculum review ○ School policy review ○ Signposting to appropriate resources and organisations
Suggested resources:	<p>Some possible resources may include:</p> <p>Pedometers Reward stickers Children’s wellies in various sizes Playground games and equipment Cheerleading pompoms Compasses & maps</p> <p>Key contacts/other resources: Wiltshire Play Development Officer – Niki Willows niki.willows@wiltshire.gov.uk School Sport Co-ordinators WASP - www.wscsp.org Wiltshire School Travel Plan Contact: Judith Billingham judith.billingham@wiltshire.gov.uk Travel plans/walking buses: www.sustrans.org.uk Sport England www.sportengland.org Youth Sport Trust www.youthsporttrust.org.uk Smallsteps4life: http://smallsteps4life.direct.gov.uk Sing Up : www.singup.org Geocaching : www.geocaching.com</p>
Early Success Indicators:	<p>Process: For example:</p> <ul style="list-style-type: none"> • Increased levels of parent/carer participation in physical activity by month/year • Provision of additional physical activity clubs by month/year • Delivery of Bikeability training by month/year <p>Impact: To increase the number of children who</p> <ol style="list-style-type: none"> 1) take part in physical activity before and after school, on more than 2 days a week to X by month/year 2) take part in daily physical activity during the school day Eg wake and shake to X by month/year; 3) take part in active play during the school day to X by month/year.

Source of Baseline Information:	<p>1) On how many days in the last week have you taken part in organised exercise or other physical activity, before or after school? 5 4 3 2 1 0</p> <p>2) On how many days in the last week have you taken part in organised exercise or other physical activity, during the school day? 5 4 3 2 1 0</p> <p>3) On how many days in the last week have you taken part in active play during the school day? 5 4 3 2 1 0</p>
---------------------------------	--