



Strong evidence proves that regular physical activity is associated with numerous health and education benefits for children. The UK Chief Medical Officers recommend that all children and young people should engage in physical activity of moderate to vigorous intensity for at least 60 minutes every day.

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 breaktimes, PE, 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)




North Yorkshire Sport have created 30 Things for 30 Active Minutes. The aim is to support and build confidence of Headteachers, Governors, PE Curriculum Leads, Teachers, Teaching Assistants, Lunchtime Supervisors and students to achieve the 30 active minutes during school time.

The table below highlights 30 different activities that can all be done within the school environment, to achieve a child's 30 minutes of physical activity per day. Within this list there are 3 different types of activities:



ACTIVITY BREAK

Designed to provide pupils the opportunity to engage in physical activity.






ACTIVE ENVIRONMENT







Activities allowing students to be more active and sit less within their daily routine.

















ACTIVE LEARNING



Lessons are adapted to combine movement and learning to promote cross curricular learning.












| ACTIVITY TYPE | TIME (MINS) | ACTIVITY | TEACHER/ PUPIL LEAD | DESCRIPTION | COST | SPACE | RESOURCES |
|---|-------------|-------------------------|---------------------|--|---|-----------------|--|
|  | 10+ | MATHS OF THE DAY | Teacher | Actively engage children in mathematics through an easy to deliver programme for both lessons and homework activities. | 1 Year - £645 3 Years - £1635 (free trial) | Classroom | Maths of the Day |
|  | 3-6 | JUST DANCE | Teacher/ Pupil | Access through Web browser, Smart TV, Tablet, - dance tutorial - range of songs and movements | Try For Free Youtube | Hall/ Classroom | - YouTube 1 - YouTube 2 - YouTube 3 |
| | 2-10 | FREE DANCE | Teacher | Allow children to dance to the music in any way they wish | Free | Classroom | Music |
|  | 15 | DAILY MILE | Teacher | Run, Jog, Walk for 15 Minutes / 1km in the fresh air, in uniform and all included | From Free - £30 + VAT per class | Outdoor Space | - The Daily Mile - Golden Mile - Kids Run Free - 1K a Day |






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|   | 3-6 | GO NOODLE | Teacher/ Pupil/ Families | Move with purpose - hundreds of videos that activate kids bodies and brains for short bursts | Free | Hall/ Classroom | Go Noodle |
|  | 10 | DISNEY 10 MINUTE SHAKE UP | Teacher/ Family | Partnership with Disney, different activities assigned to Disney characters to challenge and get children moving | Free | Indoor/ Outdoor | 10 Minute Shake Up |
| | 5-10 | WAKE UP SHAKE UP | Teacher | Introduce daily activity into the curriculum to create more active lessons | £14.99 - £45.99 | Classroom | - Wake Up Shake Up - Primary Energise |
|  | VARIOUS | DISNEY'S 24 HOUR CHALLENGE/ MISSIONS | Pupil/ Family | Challenged to build up 24hours of activity with their family & chance to win prizes. Missions set out by the incredible characters to help do this & generate ideas which can be used in classroom. | Free | Indoor/ Outdoor | 24 Hour Challenge |
|  | 2 | SKIP TO BE FIT | Teacher/ Pupil | 6-week programme, 2 minute challenge where score is recorded. Encourage improvement on individual score. Improve and ring the PB Bell (optional) | £380 + VAT (1 day workshop) | Indoor / Outdoor | Skip 2 B Fit |
|  | 50 | PREMIER LEAGUE PRIMARY STARS | Teacher | PE - activities to develop skills from balance to athletics. Maths - apply knowledge to football challenges English - examples of sport to improve skills. | Free | Indoor/ Outdoor/ Classroom | PLP Stars |

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|--|-------------|---|--------------------------|--|--------------------------------|-----------|---|
|   | 5 | BBC SUPER MOVERS | Teacher / Pupil / Family | Partnership between premier league and BBC to inspire primary children to get active. Movement routines focussing on curriculum and can be done at home with family. | Free | Classroom | BBC Sport |
|  | 2+ | BBC BOOGIE BEEBIES | Teacher / Pupil / Family | A range of video clips available online to get kids moving and active between lessons. | Free | Classroom | BBC Boogie Beebies |
|   | VARIOUS | STANDING DESKS/ STABILITY BALL CHAIRS/ HEIGHT ADJUSTABLE DESKS | Teacher | A few placed in each classroom for children to rotate throughout day. Gives pupils the choice. | £187 - Standing Desk | Classroom | I Want a Standing Desk |
|  | 5-50 | ACTIVE LESSONS | Teacher | Active lessons or aspect of lessons through activities encouraging movement and linking to curriculum objectives. | Subscription from £99 per year | Classroom | - Youth Sport Trust - I Moves Dance - Tagtiv8 |
|  | 5 | DOUGH DISCO | Teacher / Pupil | Moulding dough in time to music to strengthen fine motor skills helping with pencil grip and writing | Free | Classroom | YouTube |

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|   | VARIOUS | ORIENTEERING | Teacher | Global game of hide and seek linked with outdoor learning and linked to curriculum. | From Free | Outdoor | - Questr - Geocaching for Schools |
|  | 10-50 | COSMIC YOGA | Teacher / Pupil | Online tutored stories with simple Yoga based movements. | Free | Classroom | Cosmic Kids Yoga |
|  | BREAK TIME | ACTIVE BREAKS | Teacher / Pupil | Structured activities at break to prevent sedentary behaviour. Engagement from lunch time supervisors. | Free | Outdoor | - School Games - Sports Leaders |
|  | | ACTIVE TRAVEL | Teacher / Pupil | Focus on increasing active travel to and from school - walking school bus, bike bus | Free | Outdoor | - Living Streets - Crocodile |
|  | 2 | GO PRO BOB SLEIGH | Teacher | Children watch Bobsled video and pretend they are on the course mimicking the movements - seated or standing | Free | Classroom | YouTube |
|  | 5 | MUSICAL STATUES | Teacher | Linking movement, balance and reaction time | Free | classroom | Device to play music |
| | 5 | SUBJECT CHARADES | Teacher | Acting out a buzz word / phrase from curriculum subject | Free | Classroom | Charade Cards |

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|--|-------------|--|---------------------|--|------|------------------|--|
| (Continued) | 5 | SIMON SAYS | Teacher / Pupil | Teacher can make as active as space allows. | Free | Classroom | |
| | 2+ | HEAD, SHOULDERS, KNEES AND TOES | Teacher / Pupil | <p>"Head, shoulders, knees and toes, knees and toes; head, shoulders, knees and toes, knees and toes; and eyes and ears, and mouth and nose; Head, shoulders, knees and toes, knees and toes"</p> <p>Speed up tempo each round to increase heart rate.</p> | Free | Classroom | <p>- YouTube</p> <p>- BBC Heads, Shoulders, Knees and Toes</p> |
| | 5-10 | ACTION ACTING | Teacher / Pupil | Calls out action for pupils to imitate (basketball player, swimming, skipping) - change every 20 seconds. Pupils can take it in turns to call out a new action. Can be done on the spot or moving around classroom dependent on space. | Free | Classroom | |
| | 10+ | BUILDERS AND BULLDOZERS/ DISHES AND DOMES | Teacher | Children are either a builder (Dome) or a Bulldozer (Dish). In an allocated time builders try and turn as many as they can upright and bulldozers turn as many as they can the other way. Specify what body part they can use to carry out their task (right hand, left elbow etc) | Free | Outdoor / Indoor | Cones, stop watch |
|   | 2+ | BEAN BAG TO HOOP TRIVIA | Teacher | Can be linked to curriculum subjects / used to test knowledge / track progress. As a class or in groups children take turns to throw beanbag into hoop. If it goes in an active activity, if they miss, trivia question. | Free | Classroom | Bean Bag, target, trivia questions |

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|  |  | CHANGE4LIFE | Teacher | Targeted intervention with the least active pupils in the school. Simple games in non-competitive environment. | Free | Indoor / Outdoor | Change4Life Equipment already in school cupboard. Festivals through school games |
|   |  | STEP CHALLENGE | Pupil | Use pedometers or other device to monitor steps and encourage improvement. Set daily / weekly / monthly step challenges. Can introduce reward schemes, family challenges etc. | £1+ | Indoor/ Outdoor/ Classroom | Pedometers Buy Pedometers |
|   |  | ACTIVE 30:30 | Teacher | Resource pack to generate motivation and ideas to ensure kids are active for at least 30 mins in the school day. | From £118.80 | Classroom | Youth Sport Trust |
|  |  | JOE WICKS | Virtual PE teacher | Mission to get more school children active and feeling the benefits of physical activity through HITT workouts | Free | Indoor/ Outdoor | YouTube |
| |  | FITTER FUTURE | Virtual PE teacher | 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 | | Indoor | Fitter Future |

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|  | 3+ | JACK HARTAMAN COUNTING EXERCISES | Teacher | You tube clips teaching kids to count whilst exercising | Free | Classroom | YouTube |
|  | 5+ | ACTIVATE IN THE CLASSROOM – VAL SABIN | Teacher | Age specific, inclusive and progressively staged, repeated patterns of movement with music programmes. | £11+ | Classroom / hall | Val Sabin Publications |
|  | VARIOUS | ACTIVE PHONICS | Teacher | Active Phonics is a highly engaging multi-sensory fusion of phonics and Physical Education. | | Classroom | Active Phonics |
|  | VARIOUS | EXTRA CURRICULAR CLUBS | Teacher/ Parent / Lead | Providing more opportunities at lunch / after school / before school to try different sports and activities additional to the PE lesson. | Free | Hall / Outdoor | |
|  | VARIOUS | ACTIVE STORY/ SONG TIME | Teacher | Songs and Stories are made physically active for children. Story time doesn't have to be just a bedtime ritual. Pick a book that has a word that's often repeated. For example, choose the word "hat" if you're reading The Cat in the Hat. Every time the word comes up in the story, get your kid to do a jumping jack | Free | Classroom | Action for Healthy Kids |

For further information on 30 Things for 30 Minutes please [click here](#) to visit the North Yorkshire Sport website or contact Gavin Phillis at North Yorkshire Sport on:

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