

CREATING AN ACTIVE SCHOOL WORKSHOP

PRIMARY STAFF TRAINING

This workshop looks at supporting schools to boost health and academic achievement for their pupils by encouraging children to 'sit less, move more' and increasing physical activity throughout the school day. The workshop gives a brief overview of the challenges we face in terms of obesity, children's physical activity levels and overall health and wellbeing. It helps staff to understand the benefits of active approaches in schools and gives lots of simple practical ideas and solutions to increase daily physical activity and reduce sitting time for every child.

The workshop is aimed at whole school staff and can be delivered in 1½ hours.

By the end of the workshop, schools should be able to:

- advocate why high levels of physical activity across the school day lead to healthier and more effective learners
- reflect on how effective their current provision is at promoting physical activity throughout the school day
- know how to reduce sedentary behaviour and embed physical activity in their school
- plan their journey to becoming an Active School



Supporting the UK Chief
Medical Officers'
recommendation that
children and young
people should be active
for 60 minutes each day

To book your free workshop email:
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