



**NATIONAL SCHOOL
SPORTS WEEK 2023**
PLAY FOR FUN, PLAY FOR 60

**19-25
JUNE**

Schools resource

#PledgeToPlay

to keep young people active for 60 minutes a day, for the UK's biggest annual celebration of PE, play and sport.



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Find out more:
www.youthsporttrust.org/nsw
[@YouthSportTrust](https://twitter.com/YouthSportTrust)
[#NSSW2023](https://twitter.com/NSSW2023) | [#PledgeToPlay](https://twitter.com/PledgeToPlay)



Welcome to National School Sports Week 2023!

This year, our goal is to ensure that every child in the UK is highly active for at least 60 minutes a day, as recommended by the Chief Medical Officers. Together with our campaign partner Sports Direct, we are asking you to join us in our mission to **'play for fun, play for 60'!**

By taking the **#PledgeToPlay**, you will be supporting children in reaching their daily 60 minutes of active play, which can have a positive impact on their physical and mental health.

This resource pack contains everything you need to plan, participate, and promote 60 active minutes among your students, families, and community.

Learn more about the recommended physical activity guidelines for children and young people aged 5 to 18 to keep them healthy [here](#).



Powered by Sports Direct's Sport Slam



The Chief Medical Officers' guidelines for England tells us that children need to be **active for 60 minutes every day**. Yet our research shows us public awareness of this target to support children's health and happiness is worryingly low. While 83% of parents believe that sport and play are important parts of every young person's education and development, only 43% are aware that children should be active for 60 minutes a day on average over the course of a week. 48% of parents believe it to be 30 minutes or less.

This is why we are teaming up with **Sports Direct** and **Sports Slam** this summer for National School Sports Week to raise awareness of the guidance and help busy families find fun ways to be active together. We are taking urgent action to support more young people, schools and families to play for fun, and play for 60.

We hope to connect with and inspire as many people as possible to join us in pledging to play between 19-25 June so we can support every child to achieve 60 minutes of activity across the school day and at home.

ALI OLIVER MBE
CHIEF EXECUTIVE, YOUTH SPORT TRUST

Sports Slam 2023 will include a week-long programme of fun-fuelled activities and challenges, that will inspire kids to get active, while helping them develop skills that go beyond court, field and track. During the week, Sports Slam will enlist the support of some of the country's most exciting and revered athletes to tour schools across the UK, engaging with the nation's next generation of sports stars.

Sports Slam features five different sports across five days full of fun physical activity and active learning lesson plans. PLUS 2,300 lucky schools will win a bumper Sports Slam equipment pack full of sporty goodies to restock and revamp their PE department. Schools can **register for Sports Slam today.**



Sports Direct in partnership with Youth Sport Trust brings you our best Sports Slam event yet. With a new initiative to help children play for fun and play for 60.

Register




Why is 60 active minutes important?



*Chief Medical Officers' recommendation




Only **43%** of parents 

are aware that children should be **active for 60 minutes or more a day**

Only **35%** of teachers 

are aware that children should be **active for 60 minutes or more a day**

(YouGov Plc. Total sample size was 2,310 adults. Fieldwork was undertaken between 23-24 March 2023. The survey was carried out online. The figures have been weighted and are representative of all GB adults (aged 18+). Filter applied: parents of children aged 18 and under (566 sample))

Only **47%** of children 

are **active** for the Chief Medical Officer's recommended **60 minutes a day**

2.2 million 

children are active for **less than 30 minutes a day**

(Sport England Active Lives CYP 2022)

Why is 60 active minutes important?



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.

UK Chief Medical Officers

A young person who is physically active and plays sport on a regular basis will have better...



Physical health

- > Cardiovascular fitness
- > Healthy weight
- > Strength
- > Co-ordination
- > Energy levels



Mental health

- > Happiness
- > Resilience
- > Equipped to tackle anxiety and stress
- > Improved mood through release of 'feel good' endorphins



Social wellbeing

- > Less lonely
- > More trusting
- > Improved communication and teamwork skills



Brain function

Evidence shows **being physically active** impacts on progress and achievement. It **improves the brain** by stimulating growth in the part responsible for **learning** and **memory**. Young people's **ability to concentrate** also improves after physical activity

One of the most important things young people should develop through daily physical activity, PE, play, and sport is physical literacy – the essential skills and knowledge that enable them to move, think, feel, and connect with others through movement and physical activity, finding enjoyment and lifelong value.



Watch the Power of an Active School video [here](#).



You can listen to our recent podcast with Dr William Bird [here](#).

The school's role



Every primary school child should get at least 60 minutes of moderate to vigorous physical activity a day. At least 30 minutes should be delivered in school every day through active break times, PE, extra-curricular clubs, active lessons, or other sport and physical activity events.

**CHILDHOOD OBESITY PLAN,
HM GOVERNMENT, 2016**

For disabled young people, the Chief Medical Officers' recommendation is for 20 minutes of physical activity every day and strength and balance activity three times a week. You can find out more about the guidelines for disabled young people [here](#).

[Download your poster.](#)

The poster is a vertical graphic with a blue background and yellow accents. At the top, it features the Youth Sport Trust and Sports Direct logos, followed by the text 'NATIONAL SCHOOL SPORTS WEEK 2023' and 'PLAY FOR FUN, PLAY FOR 60'. A yellow circle on the right indicates the dates '19-25 JUNE'. The central part of the poster is dominated by a large stopwatch icon showing '60+ active minutes a day*'. To the left and right of the stopwatch are icons and text for '30 at school' and '30 at home' respectively. Below the stopwatch, it states '*Chief Medical Officers' recommendation'. The bottom section is divided into two columns: 'Make the most of your day' with a clock icon and 'Every step counts' with a step icon. The 'Move more, sit less, rest well!' section includes four icons with corresponding advice: 'Stand up and move more during your day', 'Balance your time spent online with other activities, including spending time with others', 'Take the time to rest, including looking after your sleep patterns. You will find this increases your energy and motivation to move!', and 'Drink plenty of water and try and fuel your body with the right foods to move and be healthy.'. At the very bottom, it provides information for young disabled people and lists social media handles and the website.

YOUTH SPORT TRUST **SPORTS DIRECT**
NATIONAL SCHOOL SPORTS WEEK 2023
PLAY FOR FUN, PLAY FOR 60 **19-25 JUNE**

30 at school
60+ active minutes a day*
30 at home

*Chief Medical Officers' recommendation

Make the most of your day
Try and get as close as you can to achieving 60 active minutes. This is important for maintaining good health. Look to build activity into your day. We know that if you 'play for 60' but spend the rest of your day sitting down you may lose many of the benefits of that active time.

Every step counts
You will have some days that are full of movement, and some days that are not, so try and plan for how you make small changes to moving, sitting and resting over the week. Small changes from sitting to moving are just as important.

Move more, sit less, rest well!
Even if you don't achieve 60 active minutes every day, remember to:

- Stand up** and move more during your day.
- Balance your time** spent online with other activities, including spending time with others.
- Take the time to rest**, including looking after your sleep patterns. You will find this increases your energy and motivation to move!
- Drink plenty of water** and try and fuel your body with the right foods to move and be healthy.

For young disabled people, the Chief Medical Officers' recommendation is for 20 minutes of physical activity every day and strength and balance activity three times a week.

Powered by **SPORTS SLAM**

Find out more:
www.youthsporttrust.org/nssw
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The school's role – be inspired



PRIMARY

The Michael Syddall C of E Primary School. Winner of the Youth Sport Trust **Outstanding Primary Practice Award 2023** show us how to weave 30 active minutes into your school day.

SEND

Abbey and Fountaindale School, winner of the Youth Sport Trust **Outstanding Inclusive Practice Award 2023** shows us how they support every child achieving their absolute best through belief, belonging and butterflies.


Weekly planner


Welcome to the National School Sports Week wall planner!

The planner has been designed to help pupils, teachers, and parents to plan and track their progress towards achieving the Chief Medical Officers' recommended minimum of 60 active minutes a day.

The planner is intended to be pupil-led, with teachers and parents providing guidance and support. We encourage you to use it to track your activity throughout the whole day and to highlight your progress in every lesson.


Download the planner and let's work together to play for fun and play for 60!








**NATIONAL SCHOOL
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Encourage your teachers to make all lessons active!



Set a **daily step count** goal!


Walk, cycle or scoot to and from school!









Work as a **team** with class mates!


Fuel your body!


It's **more fun** with others!


Be **creative** and have fun!

Weekly planner


	Before school	Morning lessons	Lunch time	Afternoon lessons	After school	After dinner	How do you feel? Total minutes
Example	Bike 2 School 10 	Active Maths 10 	Pool moving icon Trim trail 15 	Active art 5 	Football 10 	Skipping 10 	Happy! 60 
Mon							
Tues							
Weds							
Thurs							
Fri							
Sat							
Sun							
Total							

Share your progress and inspire others to do 60 active minutes #NSSW2023 #PledgeToPlay

Remember: You're aiming for **30 minutes during the school day** and **30 minutes outside of school**, **Averaging 420 minutes per week!**

For young disabled people, the Chief Medical Officers' recommendation is for 20 minutes of physical activity every day and strength and balance activity three times a week.

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Find out more:
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Weekly planner – making the most of your day

 **30**
at school



 **30**
at home



Make the most of your day

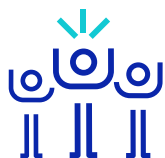
Try and get as close as you can to achieving 60 active minutes. **This is important for maintaining good health.** Look to build activity into your day. We know that if you 'play for 60' but spend the rest of your day sitting down you may lose many of the benefits of that active time.

Every step counts

You will have some days that are full of movement, and some days that are not so try and plan for how you make small changes to moving, sitting and resting over the week. Small changes from sitting to moving are just as important.

Move more, sit less, rest well!

Even if you don't achieve 60 active minutes every day, remember to:



Stand up and move more during your day.



Balance your time spent online with other activities, including spending time with others.



Take the time to rest, including looking after your sleep patterns. You will find this increases your energy and motivation to move!



Drink plenty of water and try and fuel your body with the right foods to move and be healthy.

Active travel

Are you ready to make a change and join the active travel movement? According to the National Travel Survey 2019, 35% of school children travel to school by car, but we can shift this mode of travel to something that's not only better for the environment, but also for our health and wellbeing.

During National School Sports Week, let's challenge ourselves and our pupils to try an active method of travel, such as walking, running, cycling, or scooting. By making this simple change, we can enjoy the benefits of physical activity, improve air quality, and reduce traffic congestion.

Why not get in touch with your local authority to see if there's an active travel program in your area? You can also contact your local **School Games Organiser** for support in implementing a modal shift program in your school.

Let's make every journey count and move towards a healthier and more sustainable future. Join us in playing for fun and playing for 60, while actively traveling to and from school!

Find out more about active travel [here](#).

Bikeability is the Department for Transport's flagship national cycle training programme for schoolchildren in England. Bikeability cycle training is a practical training programme, which provides schoolchildren with a life skill and enables them to cycle confidently and competently on today's roads. Find out more [here](#).



Physically active lessons



Nottingham Trent
University

Physically Active Lessons (PAL) is a fantastic way to combine academic content with short bursts of physical activity, making lessons more engaging, purposeful, and enjoyable for students.

Recent research from Sports scientists at Nottingham Trent University found that students who participated in physically active maths lessons for eight hours per week experienced an improvement in cognitive function tests by about 30% on average and motor development tasks by about 25%.

You can [read more about the impact of PAL here](#).



To help our participants implement physically active lessons, we recommend checking out **Teach Active**, a multi-award-winning resource that provides schools and teachers with lesson plans and resources designed to deliver the Maths and English curriculum through physically active learning.

It's a great way to make sure that every lesson is engaging, fun, and rewarding for students. So why not **explore Teach Active** and see how you can incorporate physically active learning into your curriculum?



Extra-curricular – School Games



Extra-curricular activities are essential for increasing physical activity among young people. To engage all groups, including those who currently do not access such activities, schools must offer a diverse range of active options.

The School Games programme, operated by the Youth Sport Trust, is a fantastic way to extend extra-curricular provision in your school. By registering, you can access exclusive content, tools, and resources that support delivery, while also receiving an annual calendar of competitions from your local School Games Organiser.

You can also apply for the School Games Mark and publicise sporting events through your own school profile. The programme even offers resources to help you use sports as a catalyst across the curriculum and tackle childhood obesity through Change4Life clubs. Learn more about the School Games at www.yourschoolgames.com



[Watch the What is the School Games video.](#)

Ensuring your plan is safe and inclusive

Inclusivity and safety

Making sure your event is inclusive and safe for everyone is critical for its success. These simple considerations will ensure everyone can get involved and have a great time.

Think **STEP**: Space, Task, Equipment, People



Space

Where is the activity happening?

Changing the size or shape of the space can make things easier or harder.



Task

What is happening?

Help children or young people to understand the task and rules. Adapt the activity by changing the length of time to complete the task or number of goes allowed.



Equipment

What is being used?

Using different equipment can make the activity easier or harder. Think about the size, weight and type of equipment used to keep things varied and suitable for everyone.



People

Who is involved?

Consider working alone, in pairs, teams or as a leader and follower so that others can watch and copy.

Stay safe in the sun!

Apply sun cream, wear a hat and sunglasses and keep an eye out for areas of shade to rest.

Keep hydrated

Stay hydrated by drinking plenty of water as you exercise.

Wash your hands

It is important to wash your hands before and after each activity. Try not to touch your eyes, nose and mouth with unwashed hands.

Activity Alliance have great inclusive activity PE sessions available [here](#).



The Youth Sport Trust is a partner of the Outdoor Kids Sun Safety Code, a FREE online resource for teachers and outdoor activity leaders, supporting the provision of effective sun protection to KS2 children. [Get accredited here.](#)

Fundraising ideas

Are you ready to make a difference and have fun at the same time? During National School Sport Week, we're calling on your school to get involved by hosting **Sports Star Friday** and fundraising for a great cause!

Support your pupil's love for sports and active play by donating to our Sports Star Friday! Have fun, get dressed up as your favourite sports star and get active. Be it Dance, Zumba, Tennis, Football, Yoga, Gymnastics, Skateboarding, Bouldering... Let's celebrate the opportunities for children to reach their daily 60 minutes of active play, the possibilities are endless! We encourage children to use items they already have at home instead of buying new costumes.

If families are able, a small donation to support the Youth Sport Trust's work would be greatly appreciated. We suggest a donation of 50p to £1. By choosing to donate your contributions will help us make a difference to the lives of children and young people across the UK and increase our reach to create a future where every child enjoys the life-changing benefits of play and sport.

Set up a fundraising page or pay in donations through our [JustGiving campaign page](#).

Don't forget to share photos of your young athletes participating using the **#PledgeToPlay** hashtag. Let's make **Sports Star Friday** an unforgettable day of celebration and active fun!



YOUTH SPORT TRUST **SPORTS DIRECT**

NATIONAL SCHOOL SPORTS WEEK 2023

19-25 JUNE

PLAY FOR FUN, PLAY FOR 60

Sports Star Friday

We're taking part in Sports Star Friday – 23 June

Support young people's love for sports and active play by taking part in Sports Star Friday! Have fun, get dressed up as your favourite sports star and get active.

Donate through the Youth Sport Trust JustGiving campaign page...
www.justgiving.com/campaign/NSSW2023



Powered by **SPORTS SLAM**

Find out more:
www.youthsporttrust.org/nssw
[@YouthSportTrust](#) | [#NSSW2023](#) | [#PledgeToPlay](#)

FR Registered with FUNDRAISING REGULATOR

Continue your commitment!

Get ready for an epic challenge this summer!

The Youth Sport Trust is partnering with **The Reading Agency** and public libraries for the 'Ready, Set, Read!' **Summer Reading Challenge**. This challenge is designed to keep your minds and bodies active during the summer break, giving you the power to unleash your creativity and love for play, sport and physical activity through reading.

Join a superstar team and their marvellous mascots as you navigate a fictional summer obstacle course brought to life with illustrations by children's illustrator Loretta Schauer. You'll be rewarded with free incentives, including stickers, for each milestone you reach!

This Summer Reading Challenge is not only about reading, but it also brings together the benefits of sport, play, and creativity. The Youth Sport Trust has developed fun family activity cards, inspired by the Summer Reading Challenge characters, to keep you moving over the school holidays. Your local library will be bringing these activities to life and for those with limited physical access to the library you can **[access the Challenge and Activity cards here.](#)**

Participating in the challenge gives you the opportunity to explore new reading material, develop new skills, and discover new interests.

Don't miss out on the excitement, join the challenge, and become a champion reader this summer!




Getting involved

Useful downloads – you can use the links below to download your toolkit.



Social media graphics



Email banner



PR guide



Sports Star Friday poster



Supporting logos



Wall planner and poster

Check it out!

Attention all PE teachers, Heads of Sport, Headteachers, and key school decision makers! Get ready to become a **changemaker** for your school and transform the lives of your students!

Whether you're looking to revamp your PE curriculum, explore new approaches to physical activity, or connect with like-minded professionals, you will find some amazing organisations that exhibited at our annual conference this year [here](#).



An interactive physical education resource equipping every teacher with the knowledge and tools to confidently enjoy delivering high quality Physical Education. Packed full of great tools and resources, Complete PE has units of work covering all areas of the Physical Education National Curriculum for EYFS, KS1 and KS2, with transition units available to bridge the gaps into KS3.

[Find out more.](#)



Kingswood provide award-winning outdoor education and adventure experiences for primary and secondary schools which are both challenging and rewarding. At 11 stunning locations across the UK and 4 in France, their incredible team create unforgettable experiences and life changing adventures with unique tools like their Confidence Tracker available to help you make the most of your trip.

[Find out more.](#)



Creative and innovative services and products for schools, supporting all young people to be physically active. Enrich Education is the UK's largest provider of bespoke school orienteering courses with cross-curricular outdoor learning, providing the infrastructure, resources, and knowledge to support physical activity across the whole curriculum. Enrich are the only education partner of QuidditchUK, developing the sport through events, training, and equipment.

[Find out more.](#)



Raising standards through active Maths and English lessons, Teach Active is a multi-award winning resource that provides schools and teachers with lesson plans and resources designed to deliver the Maths and English curriculum through physically active learning. With 3,500 lesson plans and resources written by Maths and English consultants, Teach Active is research-led with a proven impact on raising enjoyment, self-esteem and achievement.

[Find out more.](#)

A bit about us



The Youth Sport Trust is a UK leading children's charity for improving young people's wellbeing through sport and play. It empowers young people and equips educators to transform lives. Founded in 1995, it works with around 20,000 schools and inspires Changemakers to build a sense of belonging. Its vision is to create a future where every child enjoys the life-changing benefits of play and sport.

Visit the YST website for ideas, tips and information www.youthsporttrust.org



Get involved

We are so grateful to all who have pledged their support to National School Sports Week 2023. Their fantastic free resources are signposted in this guide for you to use.

Find out how you can support the work of Youth Sport Trust [here](#).





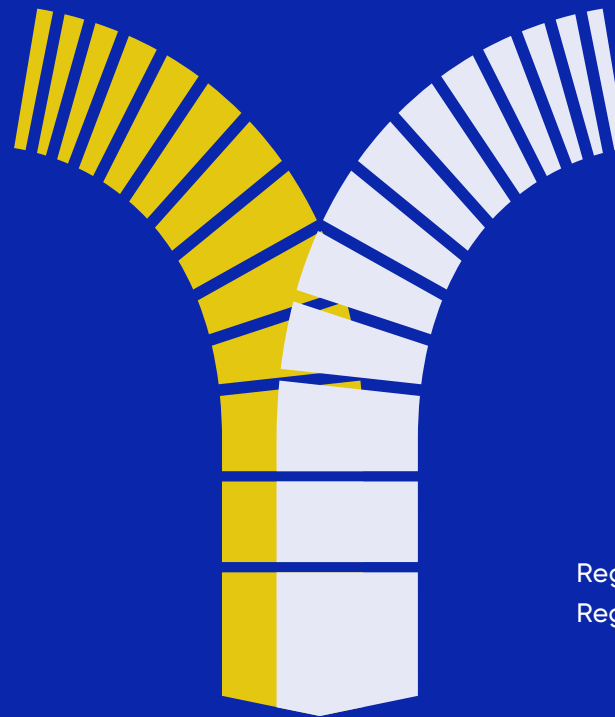
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