

SATIPS

Support and training in Prep, Primary and Senior Schools

Physical
Education

Editorial

Welcome to the summer edition of the SATIPS PE Broadsheet.

We are always on the look out for new contributors, so if you have something you want to publicise or even just to share some of your own or your schools success please get in contact, and we can get your article in our next edition.

Liz Myers Editor

Please note: If you would like to submit an article/material for this broadsheet, or if you have any questions or comments, please contact the editor at liz.myers@scholarly.com, via Twitter @LizzyMyers, or visit <http://www.lizmyers.co.uk/>.

Health and Physical Activity Conference

1 in 5 children start reception overweight. What will you do to help?

Never before has children's health been deemed a 'national emergency', with increasing concern that unhealthy lifestyles will lead to lower life expectancy for this generation of young people compared to previous ones.

The World Health Organization (WHO) has stated that childhood obesity is one of the most severe global public health challenges this century. Public Health England statistics show that 1 in 5 four and five year olds start reception overweight, and 1 in 10 are obese.

There are similar warnings about a national emergency regarding young children's oral health. Almost a third of 5 year olds are suffering from tooth decay, and it is the most common single reason for children under 5 to go under general anaesthetic in hospital.

It's no coincidence that rising tooth decay and increased obesity levels are happening at the same time. Poor nutrition has contributed to this, but a lack of physical activity has also played a major role. Guidelines state that young children must have exposure to 180 minutes of physical activity per day, but we know this is much lower. Recent research has indicated that a frightening three-quarters of UK children spend less time outside than prison inmates.

It is evident that there is a national crisis on our hands regarding children's health, and it is imperative that early years settings get involved in this agenda. Early educators and practitioners on the front line have a key role in promoting healthy diet and exercise, and more than ever before, the sector must create a role for itself to ensure a positive, health and bright future for our children.

To find out how you can be more proactive in supporting your children to be healthy, book on to 4Children's upcoming national conference, Healthy Children, Bright Futures: Addressing Key Health Issues for Under 5s. The conference will address the top health concerns and the impact on children while delivering hands-on workshops focusing on nutrition, physical activity and oral health. Delegates will walk away with practical tips and tools to implement in their settings that will contribute to improving the overall health of children.

For more information, visit <http://www.4children.org.uk/Event/Detail/HealthConference>.

Summer PE Resources

Exercise Cards for Summer Holidays

With the summer term in full swing how can you keep your pupils active over the summer holidays? Flip Gym has a range of exercise cards that can be used at home without any equipment, that are suitable for the whole family. The exercise cards develop core strength and flexibility and get progressively more difficult. For more information please visit their website at <https://www.flipgym.co.uk/>

Next Edition

If you would like to contribute to the broadsheet by sharing your ideas or best practice please feel free to submit an article by sending to the editors email address at liz.myers@scholarly.com We would welcome any article contributions that pertains to the topic areas listed above. If you require more information on how to write an article or for guidance please feel free to contact the editor via email.

Have a great summer term and summer holiday and we look forward to sending out our autumn edition in September.

Liz Myers
Editor 

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