

SATIPS

Support and training in Prep, Primary and Senior Schools



Editorial

Welcome to the Autumn 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 school's 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 or via Twitter @LizzyMyers.

Update on Childhood Obesity Guidance

The Governments updated Childhood Obesity Guidance and its significance for Physical Education. In 2014 The Health Survey for England outlined that nearly a third of UK children are overweight or obese. The UK Government implemented measures to combat this statistic, which are now being revamped and renewed in order to take better action.

In late January of 2017 the UK Governments Department for Education updated their guidance for 'Childhood Obesity: a plan for action.' The need for a strategy to combat childhood obesity links to the significance of PE and how we can do more with children from an early age. When the new strategy first emerged last year, many people including campaigning TV chef Jamie Oliver branded it a "travesty," with many believing the strategy was diluted to cut costs. The revised plan intends to tackle childhood obesity by introducing and implementing a number of levies and taxes on soft drinks and sugars, and improving and investing in initiatives that promote healthy eating and living. This can also be heralded as good news for Physical Education with lots more money being put a side and invested into the subject.

The report emphasises that encouraging all children to enjoy an hour of physical activity a day can be extremely beneficial for the children's health. It proposes that schools should have more than the two PE lessons a week provided by most UK schools

today. It also suggests new extra-curricular clubs, as well as stressing the importance to parents all the time for the children to be active at home.

Funding for PE lessons and extra-curricular clubs will come from the new funding that the soft drinks levy will make available. This will be inspected by Ofsted to ensure that leaders spend this Primary PE and Sport Premium correctly, and will also measure this against its impact upon the children.

School food will also be updated due to the new advice on sugar and nutrition from the governments dietary recommendations. They also announced that '£10 million a year of revenue from the soft drinks levy will fund the expansion of healthy breakfast clubs.'

Most schools are already subject to healthy eating school standards yet some academies and free schools are not. A campaign encouraging all schools to commit to the standards will be led by the Secretary of State for Education. The report also claims that there will be campaigning to raise awareness in both practitioners and parents about early years' dietary requirements and guidelines on physical activity.

From September 2017 the report says that every primary school in England will have access to a co-ordinated offer of high quality sport and physical activity programmes, in partnership with the County Sports Partnerships, the Youth Sport Trust and with national and local governing bodies.

If improving the quality of sport activity programmes for schools is paramount for this strategy to work, then it needs both investment and a requirement to educate parents on the importance of activity. The report claims that "The Sport England Strategy 'Towards an Active Nation' (2016) has already set out a major new investment of £40m."

They Government are also planning to reduce childhood obesity by:

- Reducing sugar in products by 20% and introducing a soft drink levy
- Clearer food labelling
- Supporting businesses to make their products healthier
- Updating the nutrient profile model so families know more about what is good for

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- their children
- Making healthy choices available for sale in the public sector
- Provide support towards the costs of healthy foods for needy individuals

While many care professionals remain sceptical of this plan, it's not just up to this strategy to reduce obesity in children and more can be done by teachers and parents in order to combat this. Teachers and parents must inspire their children to get into sports, physical activity and healthy eating from a very early age and try to maintain this as a way of life throughout adulthood.

Summer PE Resources

Free Athletics Resources – Starting Blocks In the build-up to the World Para Athletics Championships and IAAF World Championships London 2017, teachers across the UK can get their students involved in the summer's biggest sporting event with the launch of a free education programme, Starting Blocks. Designed to inspire, motivate and engage young people, Starting Blocks will provide free, curriculum-linked resources for teachers of pupils aged 5-14. All resources are specially designed to open young people's eyes to new opportunities and experiences through classroom activities and whole-school ideas. Three themes will connect students to the summer's biggest sporting event:

- Summer of World Athletics introduces young people to the events and excitement of the summer and to the sport of athletics in PE and Sport
- The World in One City celebrates the 200 nations who will come together to compete and their unique cultures using maths and numeracy
- Faces of Summer uses English and literacy to showcase the people who will make the summer great, including athletes, their support teams, volunteers, sponsors and organisers

All new registrants before Friday May 26th will also stand a chance to win exciting school prizes:

- A visit from 6-time Paralympic champion David Weir CBE and the World Para Athletics Championship mascot Whizbee the Bee
- One of 150 Summer of World Athletics posters
- A signed limited edition 'The Race Is On' print

David Weir said: "It should be a fantastic summer of world-class sport at the championships and this offer is a great opportunity for schools to get involved, so make sure you sign up to Starting Blocks for a chance to win."

For a chance to win and to find out more about Starting Blocks, please visit bit.ly/2oZ0J6d

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/>