

60 ACTIVE MINUTES

Dear PE Lead,

The Hertfordshire School Games Organisers are tasked with encouraging schools to consider how they are addressing the UK Chief Medical Officers' Physical Activity Guidelines for young people aged 5 to 18 years old.

Children and young people should engage in moderate to vigorous physical activity for an average of at least 60 minutes per day across the week.

These **60 Active Minutes** each day include activity within the school day as well as what young people are doing outside of school such as walking, cycling, attending sports clubs, etc.

We are aware that there is a lot of excellent practice taking place across the County already and we aim to support this work. The Hertfordshire School Games Organisers have developed two simple surveys, one for KS1 and one for KS2 children, should you wish to assess the activity levels of your pupils. There is an accompanying spreadsheet to record the results. These tools are completely optional for your school to use, and the information will not be collected or shared with any agencies.

The process of completing the survey and inputting the results could be done by any Sports Leadership groups you have. Hopefully this information will enable you to identify specific individuals or groups within your school to target, encourage and support to be more active throughout the week.

In addition to the surveys, the Hertfordshire School Games Organisers have developed a simple infographic poster which has information and links on that young people and their families can use to find further opportunities to be active as well as a handy monthly activity tracker to promote movement.

We hope that you find these resources beneficial in our united attempt to support our young people to be physically active for at least 60 minutes a day.

Yours Sincerely,

Dan Klinger

On behalf of the Hertfordshire School Games Organisers



60 ACTIVE MINUTES

KEY STAGE 2

What is it?

It is recommended that all young people should have 60 minutes of being physically active every day to live a healthy life.

How active are you?

ARE YOU BEING ACTIVE ENOUGH?

1. How do you get to school?

Walk Run Cycle Scoot Car

Other:

2. What do you do at break time?

Play with friends Sit and talk Play games / sports

Other:

3. What do you do at lunch time?

Play with friends Sit and talk Play games / sports

Other:

4. How do you get home from school?

Walk Run Cycle Scoot Car

Other:

5. How many PE lessons do you have each week?

0 1 2 More than 2

6. Do you take part in any extra-curricular physical activity (school or external clubs)?

Yes No

If yes, please list these activities:

7. How many days a week do you take part in extra-curricular physical activity?

0 1 2 3 4 5 6 7

8. On average, how many minutes of physical activity do you take part in each day?

less than 15 mins 15 – 30 mins 30 – 45 mins

45 – 60 mins more than 60 mins

COULD YOU BE MORE ACTIVE?

60 ACTIVE MINUTES

KEY STAGE 1

The pictures below provide a few suggestions. You can circle the picture or write a new answer below.

How do you travel to and from school?



Car



Balance Bike



Scooter



Bike with
pedals



Walk with
an adult



Walk with
friends

When you arrive at school what do you do before going into your classroom?



Stand with
your adult



Talk to your
friends



Run around the
playground



Use the play
equipment



Do The Daily
Mile course

What do you do at play time?



Find a quiet spot and
sit with your friends



Use the play
equipment



Use the playground
markings



Run around and
play with equipment

What do you do at lunch time?



Find a quiet spot and
sit with your friends



Make up your own
games with your friends



Join in with a club run
by an adult or leader



Make up your own
games by yourself

What do you do after school?



Go to a sports club



Play with your friends
before going home



Go home and play in
the garden



Go home and
watch TV

Do you play any sports with your family?



We play
football



We go
swimming



We do Fun
Runs



We go for
walks



We go to
playgrounds

What is your favourite activity or sport?

Draw a picture of you doing your favourite activity: