



# Agenda

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## St Mary's High Crompton Primary School

08/12/15

St Mary's High Crompton Primary School

9:00am

- 1 **Welcome and introductions**
- 2 Health and Physical Activity issues in Oldham.
- 3 Why do we need to keep active?
- 4 What are the opportunities for pupils to be physically active at St Mary's?
- 5 How can we talk to pupils to get new ideas on how they could be more active?
- 6 Informing pupils- key messages (health message of the week)
- 7 How can we be active in the community?
- 8 Ideas for event/campaigns



## Questions

### 1. -Background explain my work

Been physically active can help us lead a healthier and happier life.

- Name, favourite activity/hobby, something interesting about yourself

### 2. -Oldham – use fact sheets for statistics

Boys are more active than girls

inactivity cost the NHS

- Discuss- what do pupils think about these statistics?

### 3. -Do pupils understand the meaning of P.E, physical activity, sedentary, healthy, obese, and inactive?

-Why is it important to keep active?

Mental, social, realises stress, sense of achievement

ho? Walking, running, cycling, housework, cleaning car- not just sports sessions

- **How active should you be?** 'All young people should engage in moderate to vigorous intensity activity for at least 60 minutes and up to several hours every day'.

- Link inactive to health and lifestyle issues- discuss

- **What are the barriers to pupils been active.**

### 4. -What opportunities are pupils aware of in school?

- What do they take part in?

- How do they sign up?

-Does everyone have an opportunity to be active in school?

-*What ways do school provide pupils the opportunity to be physical active?*

*(P.E, Lessons, ASC, lunch, clubs, teams, sport leaders).*

5. **How can we talk to pupils to get new ideas on how they could be more active?** Is there an opportunity for everyone to be active- what would pupils want to see more- a day in the life of pupils-questionnaire, group chat, ideas board, postic note ideas, healthy lifestyle lessons

### 6. **How are pupils informed about ways to be physically active?**

*(Notice board, parent letter, newsletter, assembly, website, and teacher).*

- Key messages for pupils – in school (benefits of physical activity, drink 8 glasses of water a day)
- Who updates or responsible for you information board about Physical activity? How could we promote health and physically activity more?  
(Health message of the term, key messages, asc, sports leaders, clubs in Oldham, holiday provision).

### 7. **How can we be active in the community?**

What do you attend? Or would like more information on?

(Family, clubs, parks, leisure centre, youth centre, holiday programmes, walk dog, walk to school).

8. BHF skipping challenge, golden mile, get active week, school run around the world challanng?



# Summary

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9:00am

### Present:

Class representative from KS2 one boy one girl

Lauren Whaley

Pam Hartley

### Why do we need to do physical activity and keep active?

"You need to do more exercise because otherwise you might get poorly"

### What could we say/do to pupils to make them more active?

"they could try new activities too be fit"

"Tell people about activities that are available"

"tell them how many hours they should be doing exercise to make their heart beat fast a day"

"Tell them to join a sports club or recommend a sport"

"Invite others into clubs or games that could be more active"

"We could talk to our classes and infants and make them aware of the dangerous things they could face if they don't stay healthy and fit".

"Buy exercise equipment to keep fit"

"They could start to run more often and walking"

"Put up posters or on schools newsletters information about keeping fit and information like how many hours you should be active"

"They could buy a bike"

"Get a running session"

"We could run a mile each week"

"To keep fit and healthy, invite them into games to keep fit and healthy, also make them eat more fruit and vegetables."

"Try fruits"

"Tell them about the Oldham sports clubs and where the ocl gym is so they can nowhere to go and when. Tell them different games they can lay at school and home"

"Recommend clubs, ask a friend to come with you"

"Tell them what happened if they don't keep fit,



**What opportunities are there at St Mary's to be active?**



**Clubs you can attend at school?**

- Badminton
- Dancing
- Netball
- Multi skills afterschool
- Handball
- Circuit training
- Zumba
- Football
- Gymnastics
- Bike ability
- health week- cycle challenge