

Active Lives and Healthy Schools Programme Information Pack

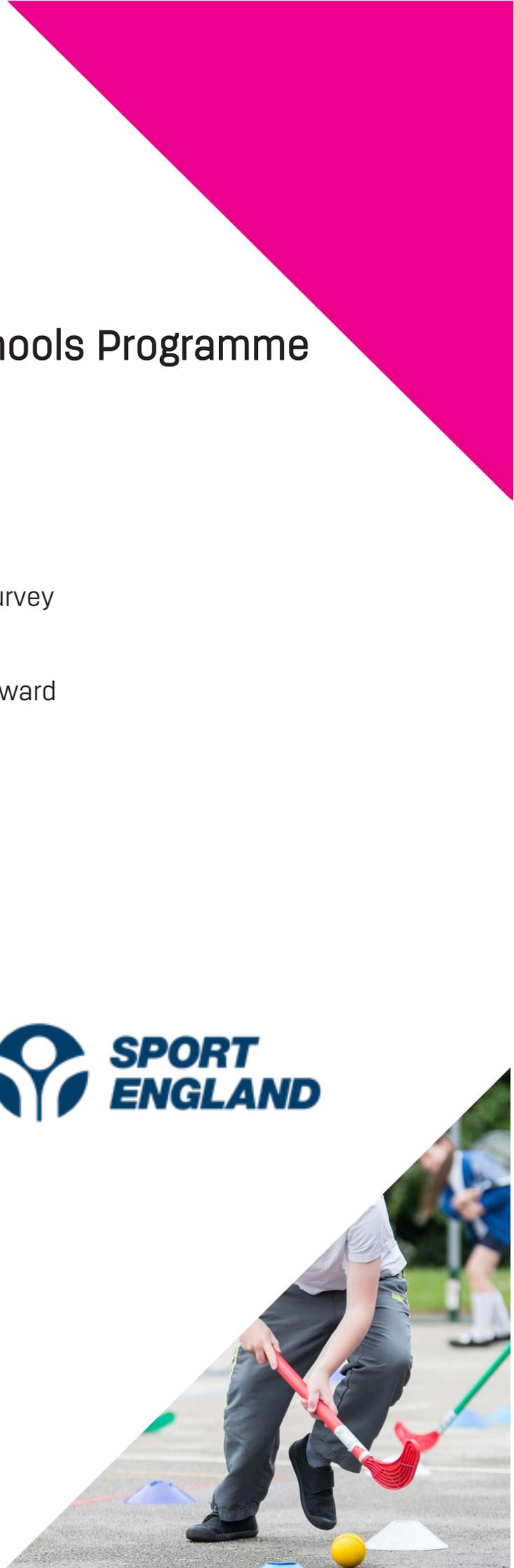
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For more information please email:
leah_goode@blackcountryconsortium.co.uk

Or visit: www.activeblackcountry.co.uk



The Process

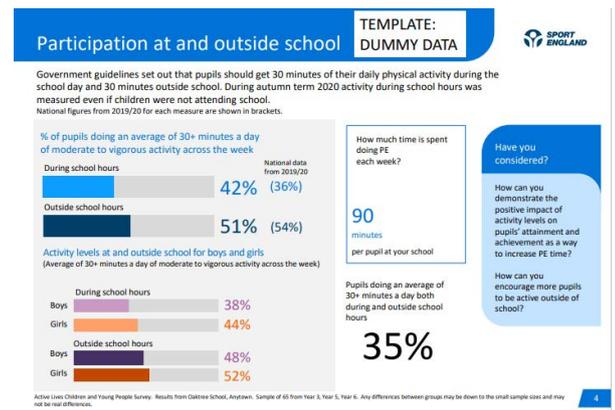
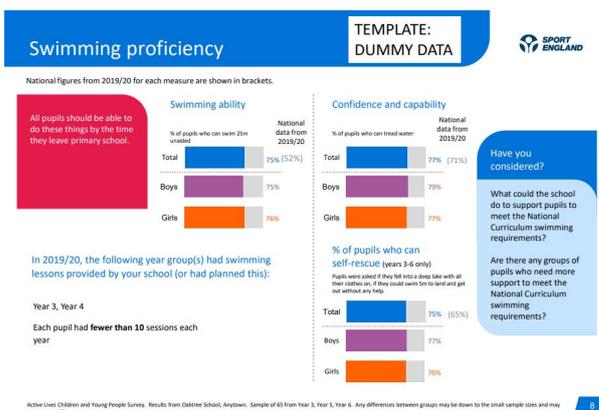
Active Lives Children and Young People Survey/Healthy Schools Programme

The Active Lives Survey for Children and Young people was launched in the 2017/2018 academic year. Designed by Sport England, the Department for Education (DfE), the Department for Health (DfH), and the Department for Digital Culture Media and Sport (DCMS), its purpose is to gain a detailed insight into the current physical activity habits of the nation's children and young people aged 5 to 16 (school years 1 to 11).

The Healthy Schools Programme is underpinned by the Healthy Schools Rating which is determined through the Teacher Survey in which schools are assessed against four criteria areas which were devised by the Department for Education 2017/2018



Schools are chosen at random each term by Sport England to take part in the Survey or can Opt In at any point. The surveys are completed online and take 20 minutes to complete.



Upon completion of the Survey both sampled and opt in schools will receive a bespoke report which captures key points of the Surveys.

Active Lives Guides

Once selected schools have confirmed participation then the Active Lives Guide is shared with them. This gives them a breakdown of how to get the Active Lives process started for their school.



Year 1-6 Key stages 1-2

Active Lives

Children and Young People survey

Understanding pupils' levels of participation and attitudes to sport and physical activity to help them move more.



 For further information please contact your [Active Partnership](#), or read [our latest report](#)





Year 7-11 Key stages 3-4

Active Lives

Children and Young People survey

Understanding pupils' levels of participation and attitudes to sport and physical activity to help them move more.



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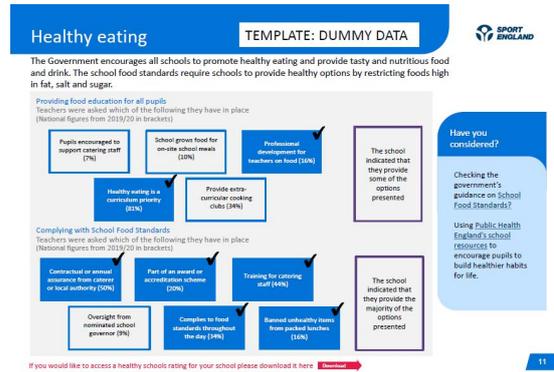
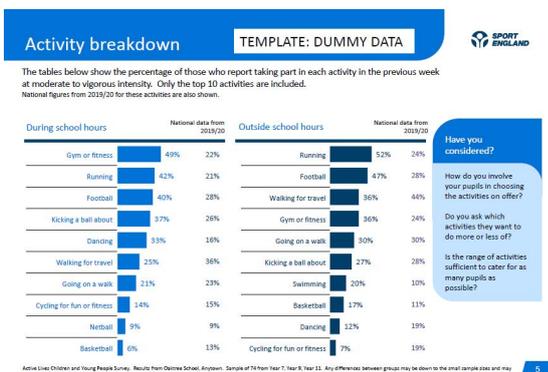
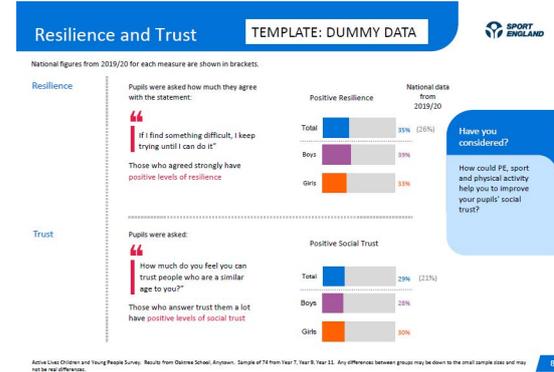
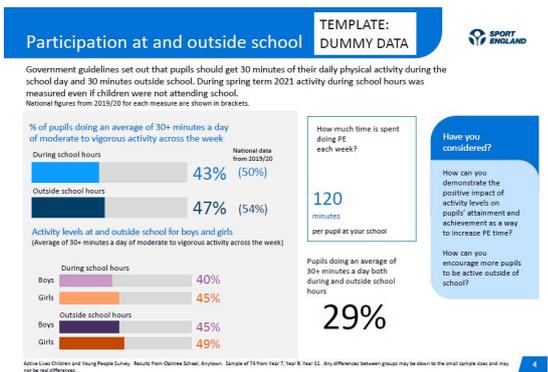
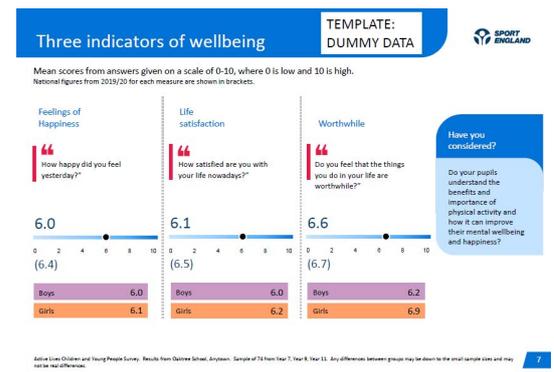
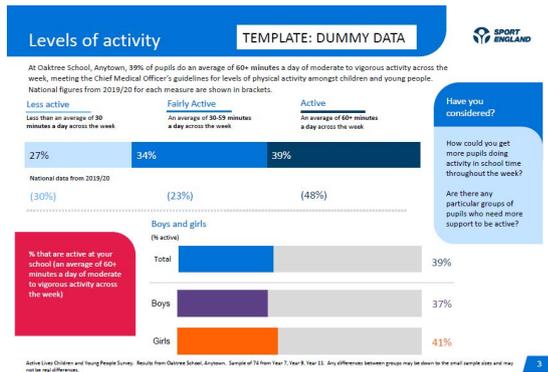
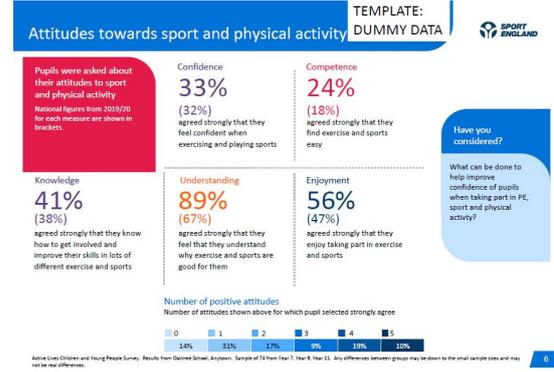
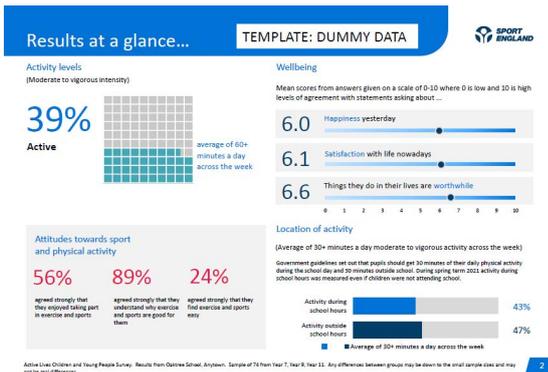


The guides that are provided are specific to the primary and secondary schools. Within both of the guides contains a easy step by step guide as well as a breakdown of incentives and rewards for participation.

The Active Lives Children and Young People Survey Report

Each school will receive a bespoke report at the end of their Active Lives process. Examples enclosed provide a breakdown into what the report looks like and the detail it can provide schools with.

The report could inform schools spend of Primary PE and School Sport Premiums, After-School Club offer and Swimming provision as well as their wider PE, Sport and Physical Activity offer. The level of detail provided within the report is determined by how many surveys are completed by schools (schools will receive either a full or limited report). The minimum number of completed surveys for a full report is 30.



Healthy Schools Rating

The Healthy Schools Rating is determined by the Teacher Survey responses and is additional to the Children's Surveys in which only one member of staff will have to complete the survey once.

The survey assess schools and reviews *their approach* around the 4 below areas

Food Education

Active Travel

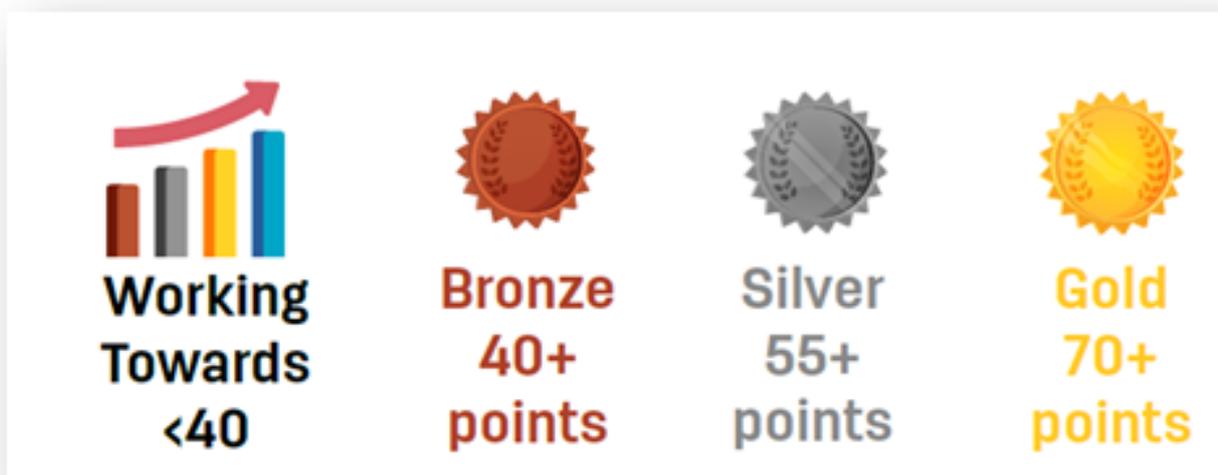
This should complement and not replace existing whole school physical activity schemes

School Food Standards

Physical Education

This section relates to curriculum time within school

Based on schools responses to the 4 areas the Healthy Schools Rating is **generated** on a points system as detailed below determined by Sport England.



Please note Active Black Country **do not** see any survey responses submitted, with all data sent to Sport England for reviewing.

For more information visit our website [here](http://www.activeblackcountry.co.uk)

Black Country Healthy Schools Rating Toolkit

The Healthy Schools Rating Toolkit has been devised by Active Black Country and the four Local Authority Public Health Teams in order to support schools when working through their Healthy Schools Rating. The toolkit provides staff with a breakdown of how each of the 4 key areas are assessed and gives an example of how a school can work through each area with examples of programmes that schools could implement.

Physical Education		This section relates to curriculum time within school	
Criteria	All school year groups are offered at least 1.5 hours of PE lesson per week	Ensure all School year groups are offered 2+ hours of PE a week	Ensure all School year groups are offered 2.5+ hours of PE a week
Maximum 35 points available	35	25	35
Guidance Clear support, programmes and resources are also available and should be considered when looking at the criteria and your evidence to support	<p>The Ofsted Inspection Framework (September 2019) guidelines now place greater emphasis on the quality of education and personal development. This represents a positive step in recognising the essential role that PE, sport and physical activity play in a good and well-rounded education, enhancing children's health, building character, improving wellbeing and supporting them to fulfil their potential.</p> <p>The national curriculum for PE should ensure that all pupils:</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Are physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives <p>As part of curriculum provision all schools must provide swimming instruction either in key stage 1 or key stage 2. Pupils should be taught the following:</p> <ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively Perform safe self-rescue in different water-based situations <p>Physical literacy (building physical competency alongside confidence, enjoyment, knowledge and understanding) and high quality, modern physical education (PE) lessons that engage boys and girls of different backgrounds and abilities should be a fundamental part of every child's school experience.</p> <p>Where schools run a timetabled one a two week period the hours of PE should still reflect the recommended provision e.g. for a two week period every pupil should have access to either 3, 4 or 5 hours of curriculum Physical Education.</p>		
Documents and Resources	<ul style="list-style-type: none"> Ofsted School Inspection Handbook Primary School National Curriculum Active Black Country: Heart, Should, Mind! National Curriculum for Physical Education Active Lives Survey Active Black Country Association for Physical Education (AfPE) Black Country Schools Hub Youth Sport Trust Active School Framework Youth Sport Trust Leadership and Volunteering Insight Tool afPE: Key stage one and two expectations CMJ guidelines: Integrating PE for CYP School Games Retaining competition - School Games 		
Local Support	<p>All schools should work closely with their local School Games Organiser. Further details can be found at Your School Games Active Black Country: Education lead - leah_goode@blackcountryconsortium.co.uk Website: Active Black Country</p> <p>Dudley: Dudley Public Health's Children and Young Peoples' Team. Email: CYPteam@dudley.gov.uk Website: Revolution for Schools: Health & Wellbeing Sandwell: Sandwell Public Health contact line - Healthy Sandwell. Phone: 0121 4920 027/569 5901. Website: Healthy Sandwell Walsall: Walsall Public Health - Children and Young People. Phone: 0121 65 31 01 or Website: Healthy Walsall Wolverhampton: Andrea Fieldhouse - Health Improvement Manager (Education). Email: Andrea.Fieldhouse@wolverhampton.gov.uk Website: Wolverhampton PHE website Wolverhampton</p>		
Criteria	Schools offering fewer than two hours of PE to all year groups are ineligible for Gold or Silver awards level.		

Evidence Portfolio		This section relates to evidence provided by the school	
Criteria	All school year groups are offered at least 1.5 hours of PE lesson per week	Ensure all School year groups are offered 2+ hours of PE a week	Ensure all School year groups are offered 2.5+ hours of PE a week
Maximum 35 points available	35	25	35
Evidence What has your school achieved to date in this area?			
Intent Review: What could your school do to improve further?			
Implementation Next Steps: What changes need to be made to enable this to happen and/or be sustainable through practice?			
Impact Evidence: This section allows your school to outline the difference you are making to your pupils. Evidence of impact: what do pupils now know and what can they now do? What has changed?			

The toolkit can support schools when thinking about their evidence, particularly around their Intent, Implementation and Impact. The above images show an example of how the toolkit is set out and how it can be used as an example of good practice within Physical Education.

Whilst evidence captured within the portfolio does not go towards the Teacher Survey scoring, it does provide a key supportive tool for staff to plan their provision.

Healthy Schools Rating

The below are core elements of how your school could work through the UK healthy schools rating. This is not the only route.

There is also a locally produced toolkit to support your school to achieve each rating. This includes details of the points available for each criteria.

40+

Bronze

To achieve bronze, your school must score 40+ points. Below is an example of how you can do this.

Food Education

- Healthy eating is a curriculum priority
- School Food Standards
- The school must comply with the school food standards across the school day (This is a Statutory Requirement for schools)
- School food standards are specific in school catering
- School food standards are provided by catering services of the Local Authority
- Have a nominated School Governor with responsibility for school food standards
- Active Travel
- School participates in Living Streets walk to school weeks (Primary Schools only)
- Participates Active Travel across the school (Secondary Schools only)
- Physical Education in School
- All school year groups are offered at least 1.5 hours of PE lessons per week (This is a compulsory requirement to achieve the bronze award)

OR

55+

Silver

To achieve silver, your school must score 55+ points. For example, you could have our bronze criteria in place and choose from the below to score an additional 15 points.

Food Education

- Professional development for teachers on food

School Food Standards

- School ensures training for catering staff on the school food standards

Active Travel

- Travel to school is monitored (Primary Schools only)

Physical Education in School

- Ensure all school year groups are offered 2+ hours of PE a week (This is compulsory to achieve the silver and gold awards)

OR

70+

Gold

To achieve gold, your school must score 70+ points. For example, you could have our bronze and silver criteria in place and choose from the below to score an additional 15 points.

Food Education

- Pupils assist catering staff in preparing food
- School grows food on site for school meals
- School provides extra-curricular cooking clubs

School Food Standards

- Unhealthy items are banned from packed lunches
- The school is part of a school food award or accreditation scheme

Active Travel

- Continuing to promote Active Travel across the school (Secondary Schools only)

Physical Education in School

- Ensure all school year groups are offered 2.5+ hours of PE a week

Black Country Healthy Schools Platinum Award

Once your school has achieved your healthy schools rating, you can apply for the Healthy Schools Platinum Award. To receive the award schools will be assessed on their whole school approach to the following areas:

- Embedding physical activity across the school day
- Food and Nutrition

This will support schools to meet their statutory health education requirements.

On successful achievement your school will receive a quality award which is available to use for 2 years.

To find out more and apply please click here.

Should you not achieve a Healthy Schools Rating or if you wish to opt back in to the Active Lives Children's Survey and use the Healthy Schools Toolkit, please contact Leah Goode for support.

In partnership with:

For more information, please visit www.activeblackcountry.co.uk Alternatively you can contact: leah_goode@blackcountryconsortium.co.uk

The toolkit also provides schools with an example breakdown of how to score and obtain their Healthy Schools Rating through completing the Teacher Survey.

To view the pdf, click here.



For more information please email:
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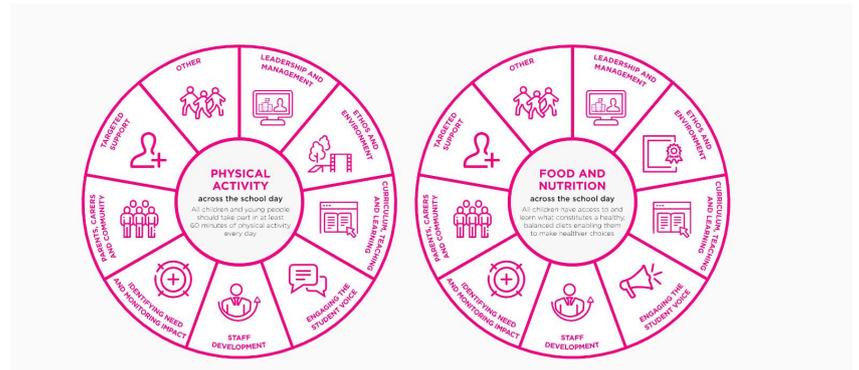
Black Country Healthy Schools Platinum Award

The Platinum Award is available to the schools who obtain a Healthy Schools Rating of gold, silver or bronze from completion of the Teacher Survey. The Award assesses schools whole school approach towards to Food and Nutrition and embedding Physical Activity across the day.



[Click here to visit the Platinum Award website.](#)

The Award is completed via an online application system whereby schools will be asked to submit evidence for each criteria area to showcase and share their approaches towards each area on the wheels.



Each section contains guidance and minimum requirements that schools should be providing for the subject area. As well as example evidence criteria.

Schools can submit a breadth of evidence against the criteria with examples including:

- SIP Planning
- Children’s work
- After-school club offer
- Primary PE and Sport Premium Reporting templates

Staff are able to save their application and return back at any point to complete throughout the academic year

ENGAGING THE STUDENT VOICE

Guidance

Giving students a voice and enhancing their ownership of physical activity delivery to ensure that activities are appropriately tailored to their needs can support participation. Students should be consulted on the schools Physical Activity Policy, amongst other areas such as equipment, facilities and active travel.

A range of extra-curricular activities should be provided for any gender, all abilities and across all key stages. The views of children and young people should be considered when setting up new extra-curricular clubs.

[DOWNLOAD ENGAGING THE STUDENT VOICE GUIDANCE](#)

Evidence

Minimum Requirements:

Schools should provide a minimum of 2 examples of evidence submitted by pupils. This could include testimonials and statements but should demonstrate how the school and its PE, Sport and Physical Activity offer is viewed by its pupils.

- Use of consultation methods such as the *Sterling Children’s wellbeing scale* and *School Games Crews* to inform provision
- Examples of where **pupil views have changed practice or provision** within the school.
- The range of **Extra-curricular clubs** offered
- **Achievements** such as the **School Games Mark**

Upon completion and submission of evidence for the Award. The Healthy Schools Panel will meet and review applications received. Successful applications will be subject to a modification visit lasting approximately 1 hour, and will be carried out by one of the panel. The school will then be notified if they have been successful with the Platinum Award, valid for a two-year period. Successful schools will receive a trophy in addition to a kitemark which enables schools to publish their achievement through their communication channels.