

## 1. READ this guidance

### "Everything you need to get started"

The Chief Medical Officer recommends that all children are active for 60 minutes every day for physical and emotional benefits. We have created the Active 30:30 resource to assist schools in helping to realise these recommendations by providing 30 minutes in school and influencing a further 30 minutes outside of school.

This resource will help schools:

- **Plan for the delivery** of 30 active minutes in school.
- **Access ideas for delivering** 30 active minutes for every child.
- **Measure the impact** of the 30 active minutes in school.
- **Influence** the 30 active minutes at home.

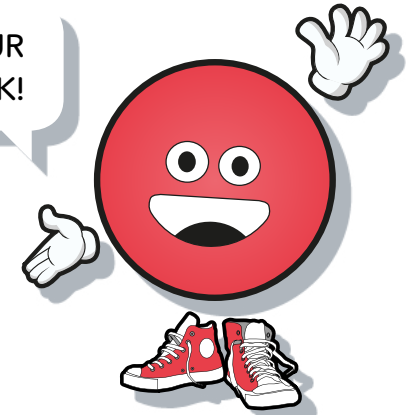
We understand that increasing provision for any subject can be very challenging given the tight scheduling of the school day, so we have provided some simple tools and supportive guidance to make it happen.

The Active 30:30 starter pack will help integrate physical activity within the daily lives of all children with the goal of getting them moving more and sitting less.

We encourage you to move at your own pace and recognise that some steps will take longer than others. We need to make the 30:30 physical activity ambitions achievable to get the job done! To get you started we have included '10 quick wins to an active school' (1a)

**So come on, let's get into the resources!**

WELCOME TO YOUR  
**ACTIVE 30:30** PACK!



### What is ACTIVE 30:30?

60 active minutes of physical activity is an entitlement for every child!

Active 30:30 is the Youth Sport Trust's approach to getting children moving more and sitting less at school and at home to achieve this entitlement. It is based on evidence and insight into what works to increase physical activity throughout the school day and influencing children's activity habits beyond school.

We want schools from across the country to join us in our mission to get every child more active and reap the physical, social and emotional rewards from living a healthy active lifestyle.

We have developed 10 easy steps to creating an **Active 30:30 School** and assist in supporting every child's right to move.

In this resource you will find everything a school needs to begin planning and delivering 30 active minutes for every child in school and influencing 30 additional minutes at home.

# 10 steps to creating an active school culture



Inside you will find the following steps:

- 1. READ** - this introductory guide
- 2. REVIEW** - the Active 30:30 framework
- 3. PLAN** - for change
- 4. TRIAL** - the example activities
- 5. GIVE** - children ownership
- 6. ADAPT** - the curriculum
- 7. INFLUENCE** - the home
- 8. REWARD** - children's progress
- 9. SHARE** - the impact
- 10. CELEBRATE** - success

Now it's understood why this is important and how easy this journey is going to be, go to step 2.