

Active Kent & Medway  
Primary PE Conference  
*Happy, Healthy Learners*

Change-  
*maker*

# Thank you



Teaching is the greatest  
act of optimism.

COLLEEN WILCOX





# Children & young people are growing up in an inhumane world





tes  
magazine  
since 1910

[Analysis](#)
[Teaching & Learning](#)
[Scotland](#)
[Leadership](#)
[Puzzles](#)
[Tes Explains](#)
[More from Tes](#)

[Home](#)
[Early Years](#)
[EYFS: Nearly half of pupils 'not ready' for school](#)

# EYFS: Nearly half of pupils 'not ready' for school

Teachers say lack of school readiness is a 'growing' problem, with staff having to spend time helping children with basic tasks like dressing and going to the toilet

26th January 2023, 12:01am

Tes Reporter




[Sign in](#)

[Home](#)
[News](#)
[Sport](#)
[Weather](#)
[iPlayer](#)

# NEWS

[Home](#)
[Cost of Living](#)
[War in Ukraine](#)
[Coronavirus](#)
[Climate](#)
[UK](#)
[World](#)
[Business](#)
[Politics](#)
[Tech](#)

[Scotland](#)
[Scotland Politics](#)
[Scotland Business](#)
[Edinburgh, Fife & East](#)
[Glasgow & West](#)
[Highlands & Islands](#)

[Alba](#)
[Local News](#)

# Cost of living: GP concerns over rise in signs of malnutrition



INDEPENDENT

[The Coronation](#)
[Buxton Rise Up](#)

[NEWS](#)
[SPORT](#)
[VOICES](#)
[CULTURE](#)
[LIFESTYLE](#)
[TRAVEL](#)
[PREMIUM](#)
[MORE](#)

News > UK

# Children's exercise levels 'remain concerning' post-pandemic

The proportion of children who did not meet recommended exercise levels fell during the crisis.


[Your account](#)

[Home](#)
[News](#)
[Sport](#)
[Weather](#)
[iPlayer](#)

# NEWS

[Home](#)
[Cost of Living](#)
[War in Ukraine](#)
[Climate](#)
[UK](#)
[World](#)
[Business](#)
[Politics](#)
[Culture](#)

[England](#)
[Local News](#)
[Regions](#)

# Self-harm hospital admissions up 22% for children aged eight to 17





NHS figures show 806 obese under fives were admitted to hospital last year (Image: Getty Images/iStockphoto)

[NEWS](#)
[POLITICS](#)
[FOOTBALL](#)
[CELEBS](#)
[TV](#)
[MONEY](#)
[ROYALS](#)

# Children share soiled beds while parents survive on leftovers as families struggle in cost of living crisis

**BIG READ**

Youngsters are being deprived of sleep as families struggle to afford access to beds and bedding, with one in seven families admitting sharing beds over winter, new research reveals

Privacy Policy | Feedback | Follow 23.3K | Tuesday, May 2nd 2023 9AM 11°C 12PM 11°C 5-Day Forecast

# MailOnline

Home | News | Royals | U.S. | Sport | TV&Showbiz | Femall | Health | Science | Money | Travel | Best Buys | Discounts

Step A | Covid-19 | Cancer | NHS | Cold | Flu | Dementia | Fertility | UTI | Diabetes | Weight Loss | Diet | Login

ADVERTISEMENT

MailOnline

## Toddlers are increasingly being treated for diabetes and high blood pressure amid soaring obesity rates - while more teens are suffering from knee problems and gallstones

- Diabetes appointments where obesity is a factor have soared since 2014
- Over one fifth of children are overweight or obese when they start school
- **READ MORE: Obese GP refuses to tell fat patients to lose weight**

By KATE PICKLES  
UPDATED: 01:48, 30 April 2023

Site Web Enter your search Search

ADVERTISEMENT

FINANCIAL TIMES

HOME WORLD UK COMPANIES TECH MARKETS CLIMATE OPINION WORK & CAREERS LIFE & ARTS HTSI

“Smartphones and social media are destroying children’s mental health”

BBC Your account Home News Sport Weather iPlayer

# NEWS

Home | Cost of Living | War in Ukraine | Coronation | Climate | UK | World | Business | Politics | Culture

Health

## Hidden high blood pressure in young people revealed

5 hours ago

Share

REUTERS World Business Legal Markets Breakingviews Technology Investigative


2 minute read - March 29, 2023 1:05 AM GMT+1 - Last Updated 15 hours ago

## TikTok, Snapchat growing in popularity among UK children, regulator data shows

By Martin Coulter

Sponsored by FIVE

Sponsors are not involved in the creation of this or any other Reuters news articles



# Children & Young People Now

HOME SOCIAL CARE HEALTH EDUCATION CHILDCARE & EARLY YEARS YOUTH WORK YOUTH JUSTICE

f RISE IN LONELINESS AMONG CHILDREN SPARKS WELLBEING CONCERNS

t Emily Harle

+ Monday, March 6, 2023

Calls to Childline from children under 11 struggling with loneliness have risen by 71 per cent in just five years, latest data shows, sparking concern for young people’s mental wellbeing.





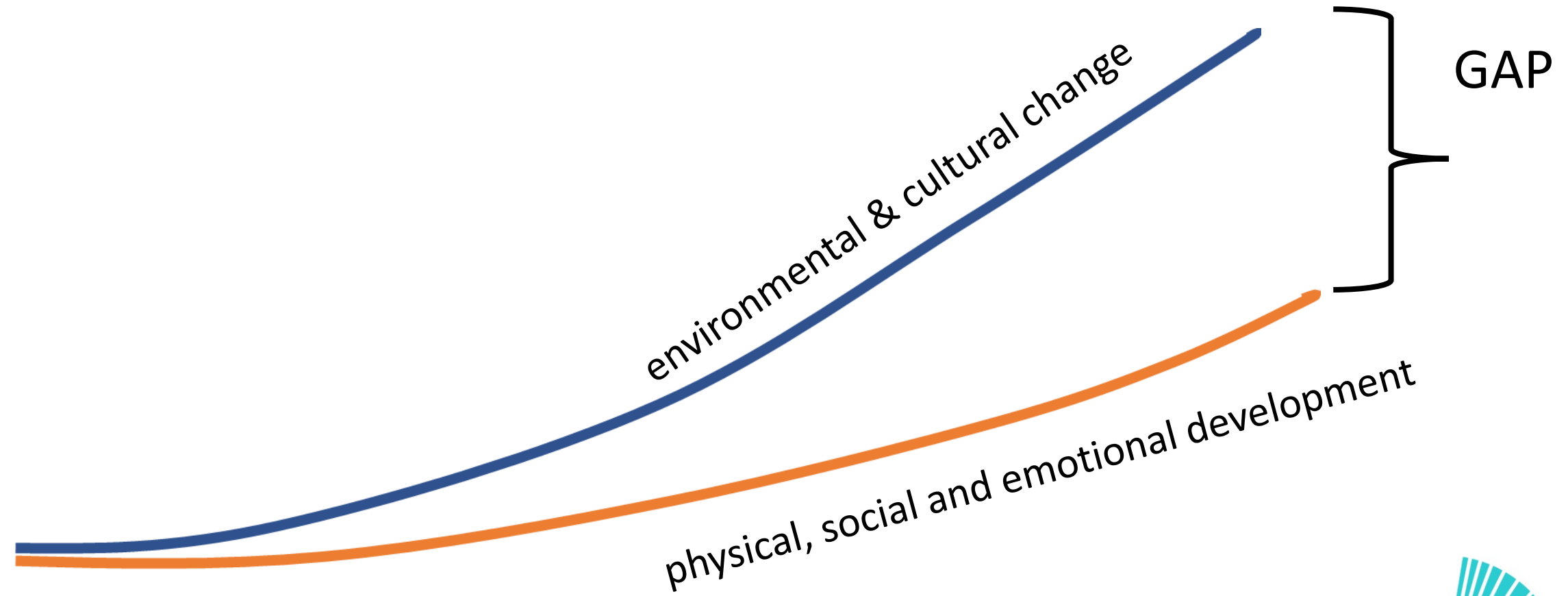
# Unhealthy & Unhappy Children don't learn

if they don't learn, they don't achieve their potential,  
and we don't have a society fit for purpose



....this is a national issue

# Generational shift....



# Generational shift....



*Productivity*  
Industrial Age  
Servant story



*Efficiency*  
Information Age  
Consumer Story



*Purpose*  
Human Age  
Citizen story





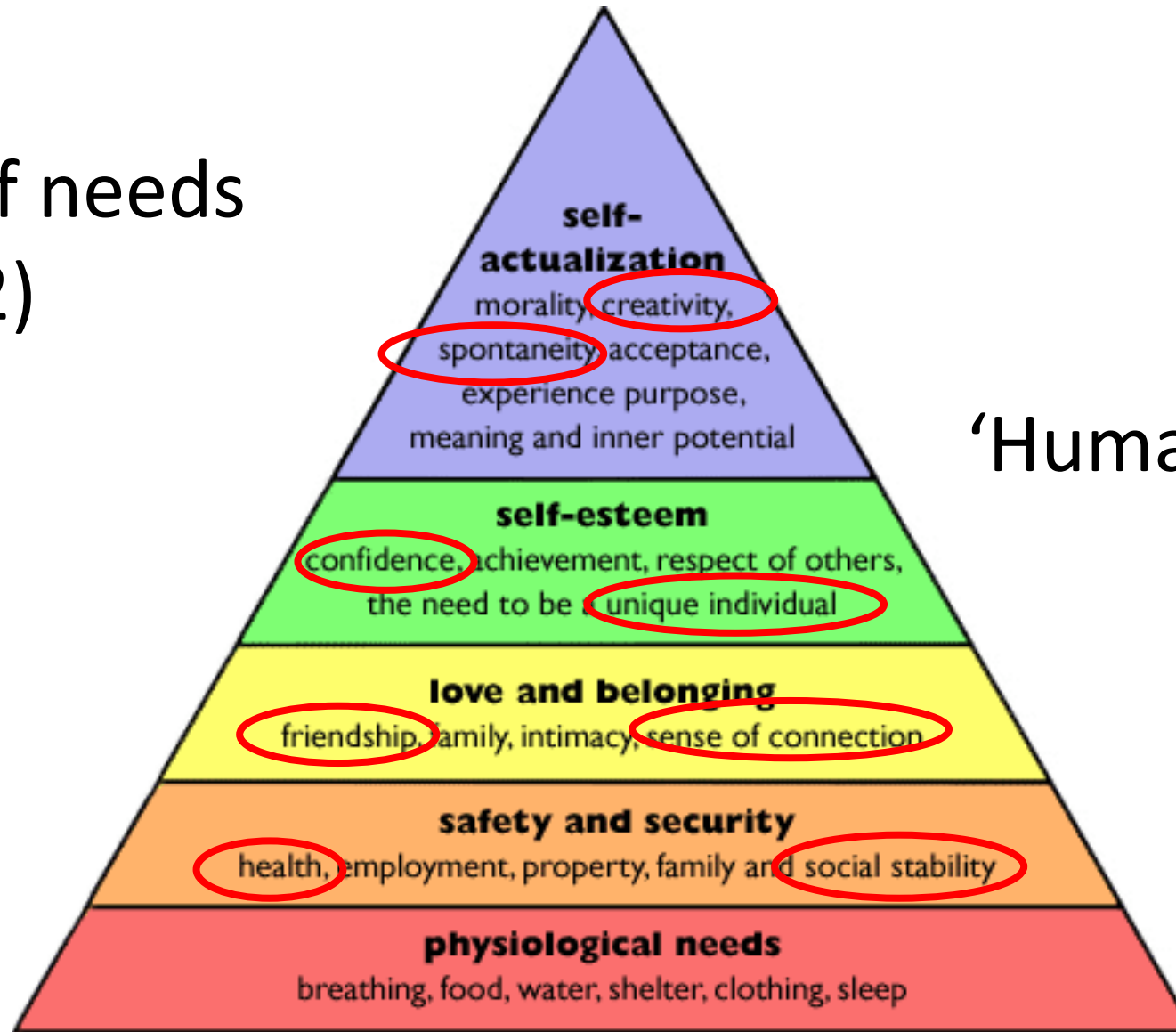


There comes a time when we have to stop just pulling people out of the river. We need to go upstream and find out why they are falling in

ARCHBISHOP DESMOND TUTU



# Maslow's Hierarchy of needs (1943, 1952)



‘Human flourishing’

# #WhenWePlayLifeGetsBetter





# Human flourishing....



The drive to play is a basic, biological drive. Lack of free play may not kill the body, as would a lack of food, air or water, but it kills the spirit and stunts mental growth

ROB HOPKINS,  
'FROM WHAT IS TO WHAT IF'



What makes aerobic exercise so powerful is that it's our evolutionary method of generating that spark. It lights a fire on every level of your brain, from stoking up the neurons' metabolic furnaces to forging the very structures that transmit information from one synapse to the next."

DR JOHN RATEY.

SPARK

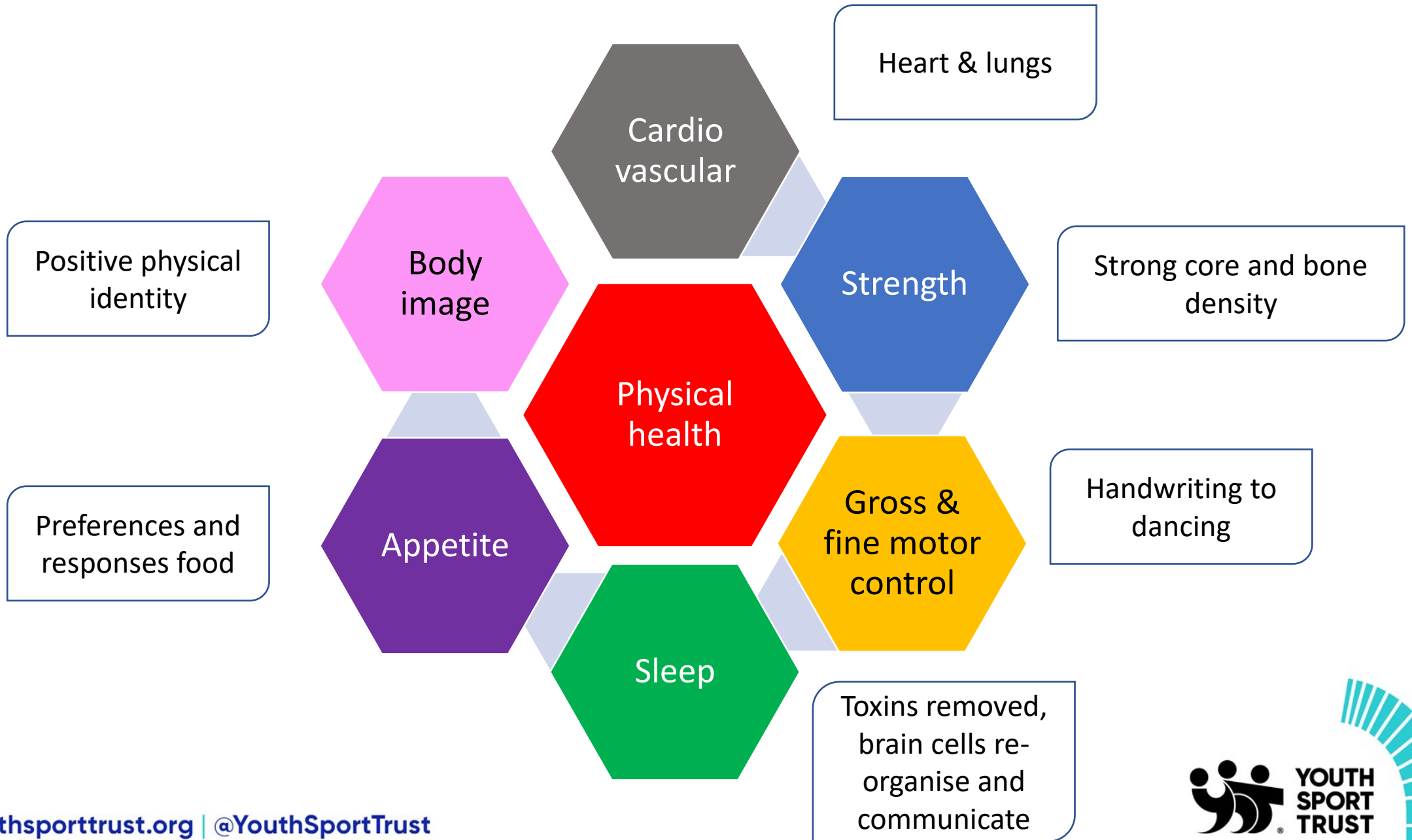


We learn more about a person in an hour of play than a lifetime of conversation

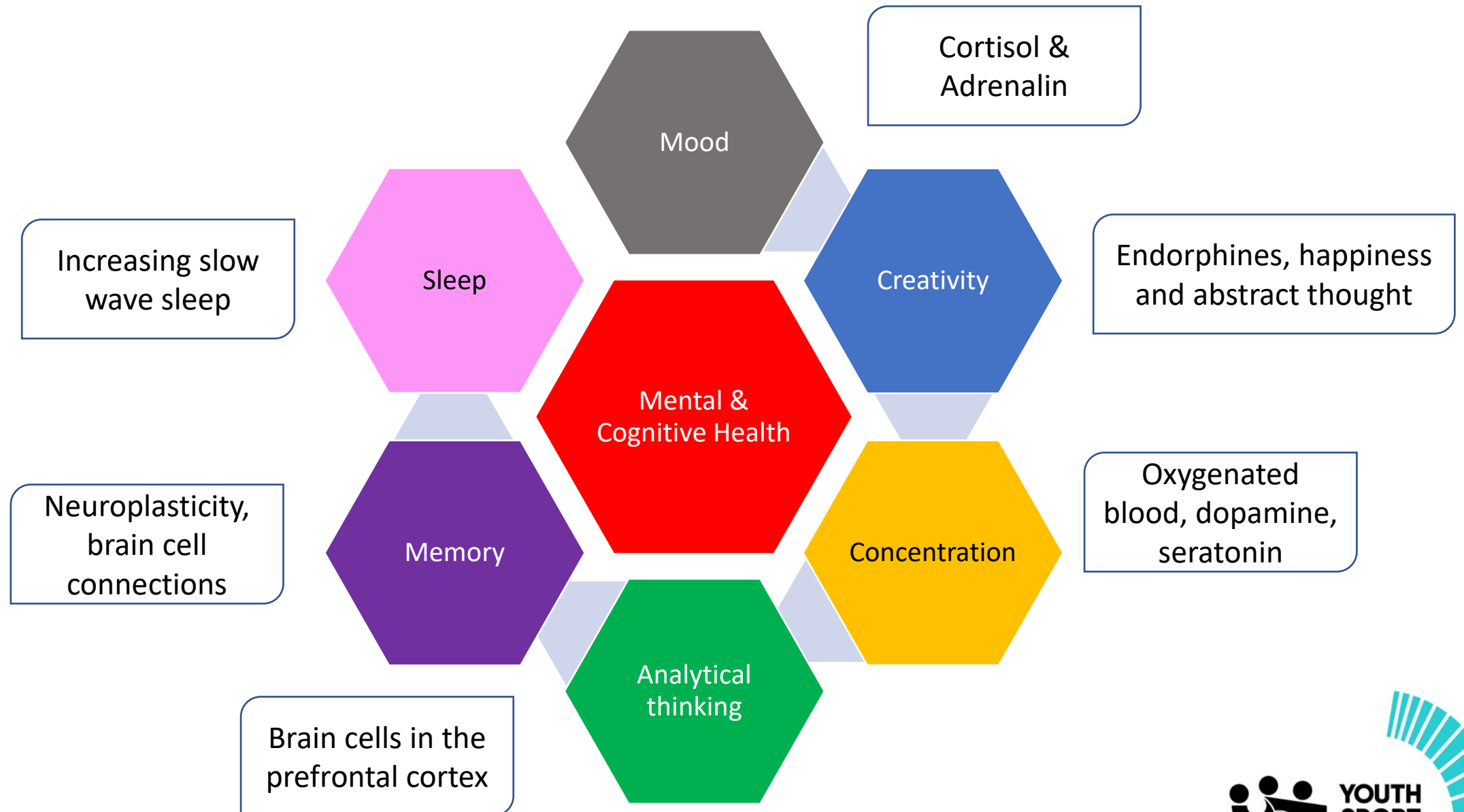
PLATO

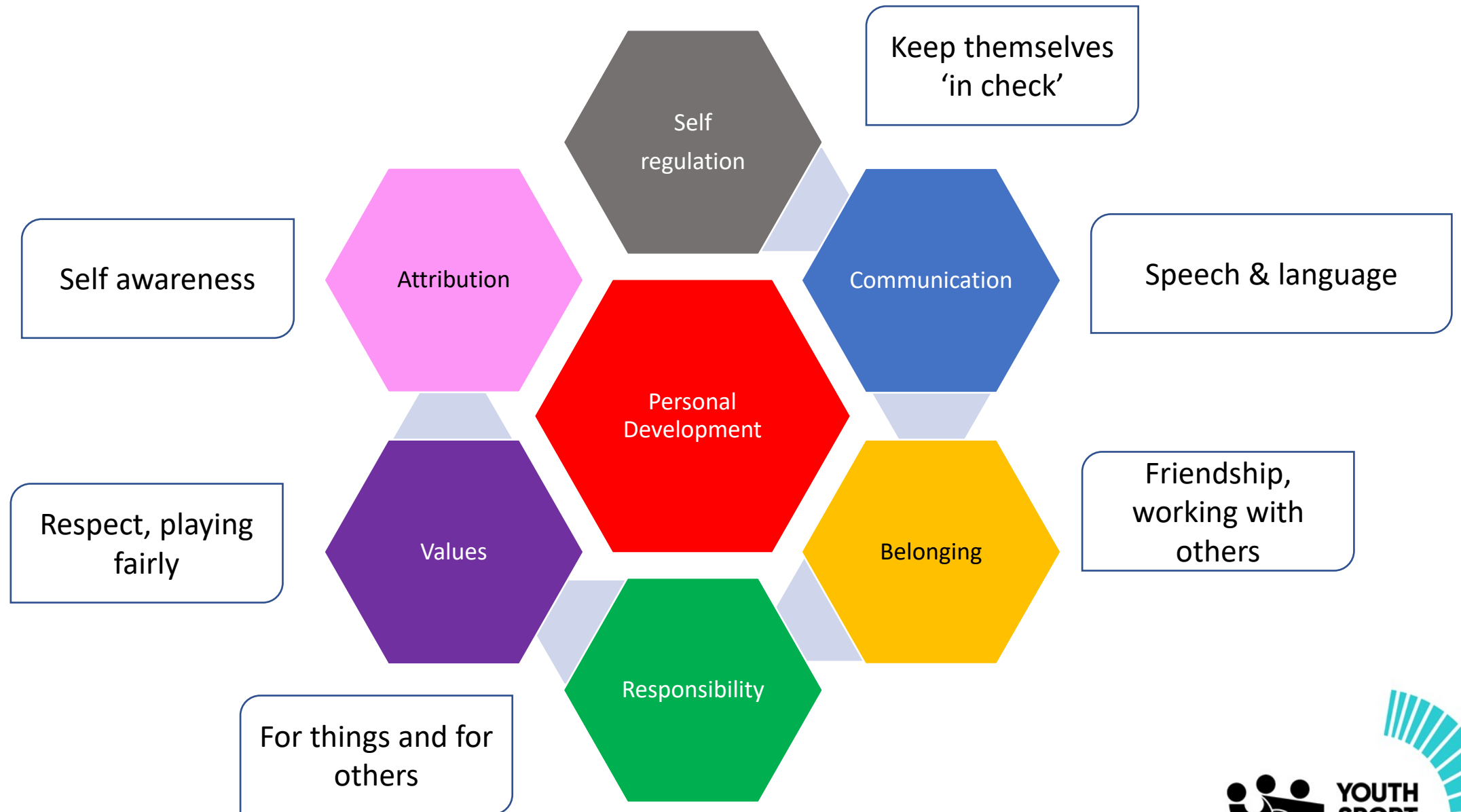




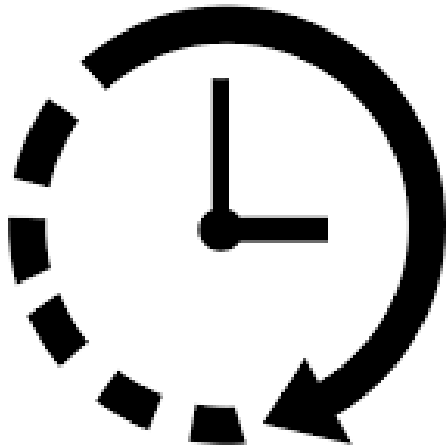




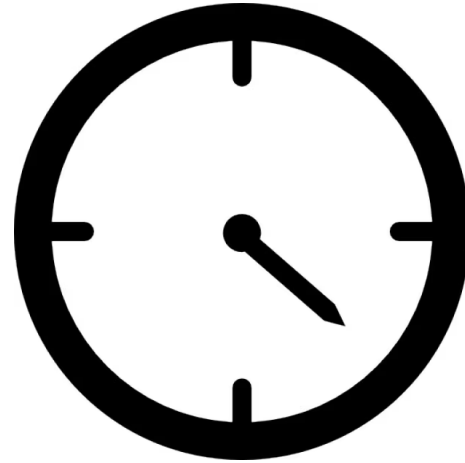




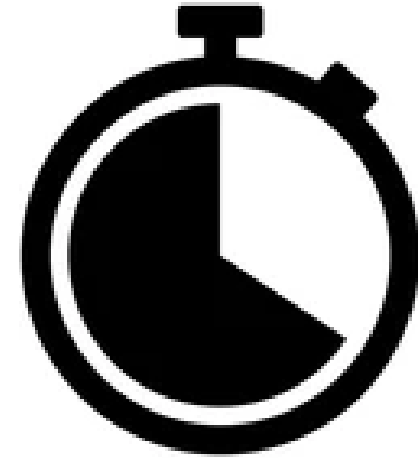
# 60 active minutes...



Moving  
all day



Physical  
Education



School  
Sport





# *Unstoppable* energy



# Government PE & School Sport Announcement



Department  
for Education

## Funding:

- 2 academic years funding for the Primary PE & Sport Premium (£600m)
- 2 academic years funding for the School Games Organiser network (£22m)
- Opening School Facilities funding (£57m)

## Clear expectations:

- equal access to sports in school
- delivering a minimum 2 hours of curriculum PE
- Ofsted report – what high quality PE looks like

## Accountability & recognition:

- expansion of the Schools Games Mark - to reward parity of provision for girls
- a new digital tool for PE and Sport Premium – to support schools in using the funding to the best advantage of their pupils.

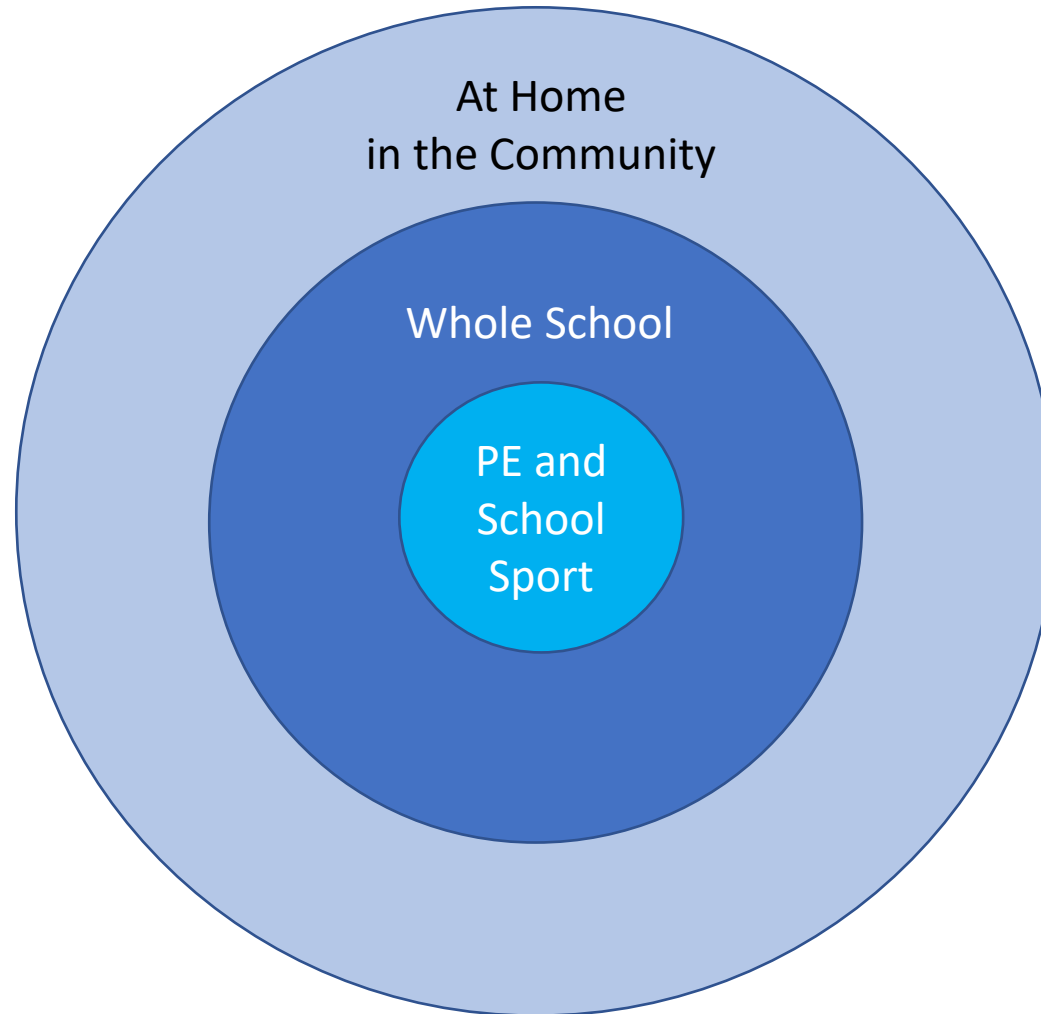


# The opportunity

- Long term vision & planning & alignment with school priorities
- Closing the gaps created by inequality
- Harnessing parental support
- Become a Well School



# Long term vision & whole school priorities



# Closing the gaps created by inequality

- Physical literacy
- Access & Opportunity
- Aspiration
- Education
- Health



# Harnessing parental support

- Over three quarters of UK adults are concerned that children are not getting enough physical activity (76%) and spending too much time online and not enough time with each other (77%).
- The majority of parents (66%) say that the wellbeing of their children was more important than their academic achievement.
- Almost 2 in 3 parents (65%) think that pupil's wellbeing is likely to be better in schools which prioritise sport, physical education (PE) and physical activity. This is a significant increase on 2022 (55%).
- UK parents are supportive of school sport with 78% calling for schools to provide at least 2 hours a week of PE to every pupil.



# Be a well school



**Well Led**  
Great learning starts with staff wellbeing

Well Schools logo, YST and Bupa Foundation logos, and icons of a trophy and a sun.



**Well Prepared**  
Be in the best shape to thrive

Well Schools logo, YST and Bupa Foundation logos, and a trophy icon.



**Well Equipped**  
Developing the human skills to flourish

Well Schools logo, YST and Bupa Foundation logos, and icons of a checkmark and a lightbulb.





# Thank you

The one single factor that determines a society's success is the percentage of **changemakers** within it



YOUTH  
SPORT  
TRUST

**SPORTS  
DIRECT**

**NATIONAL SCHOOL  
SPORTS WEEK 2023**  
**PLAY FOR FUN PLAY FOR 60**

**JUNE 19<sup>TH</sup> – 25<sup>TH</sup>**



Powered by

SPORTS  
DIRECT

**SPORTSLAM**

