



Fit For Sport

Sandwell Active Schools Programme

Fit For Sport are the UK's leaders in engaging and educating children, young people and families through activity and have been doing so for 25 years.

Following the success of Fit For Sport's Engage to Compete project funded by Sport England, Sandwell Public Health have commissioned Fit For Sport to continue and expand the project to include every school in Sandwell.

Funded by Sandwell Public Health Department, the programme will upskill school staff to engage all children in their school in activity and help them to achieve the CMO guidelines of 60 minutes of activity a day for every child with a focus on playtime activity - a key time to get children active.

Schools will benefit from training and guidance on how to increase physical activity, develop competition and deliver the Activity Challenge; a set of fun simple challenges to measure children's physical literacy and fitness levels including stamina, agility and coordination.

Bridging the gap between schools, leisure facilities and the community, Fit For Sport will be hosting engagement events in the community for parents and children to join in fun activities and learn the benefits of leading a healthy active life.

Legacy Events, a day of inspirational activity for children, will also be put on for all schools in the borough to celebrate the schools' achievements over the academic year and activity camps will support children to be active during the school holidays.

Partnerships are instrumental to the programme to ensure there is a unified approach to supporting the schools in becoming more active. Fit for Sport will be working with Sandwell Public Health, West Bromwich Leisure Centre, Triathlon Trust and Community Activity Network Development Officers to enhance the programme.

It will be supporting St Michael's C of E High School by providing training for their students and giving them the opportunity to become young ambassadors for the programme. Fit for Sport will also share activity challenge data with St Michael's C of E High School to enable them to support their new students' transition from Primary to Secondary School.

Key facts

Setting
97 primary schools in Sandwell.

Target audience
Primary school children, teaching staff, learning communities, Community Activity Network Development Officers.

Running length
2 years.

Funding
Sandwell Public Health.

Participants per year
32,000 children, 97 Primary Schools, 7 learning communities.

[7] Case studies

Partnerships are instrumental to the programme to ensure there is a unified approach to supporting the schools in becoming more active.

Impact

At the end of the programme, school staff will be confident in taking a whole school approach to ensure all children are achieving the CMO guidelines of 60 minutes of activity a day.

Schools will have also received training and guidance on how to create a fully inclusive and active programme encompassing the whole school day.

Families will be educated on the benefits of leading a healthy lifestyle and Fit For Sport will be using key learnings from Engage to Compete to bridge the gap between schools and leisure facilities to increase opportunities to be active in the community.

Fit For Sport has also developed the Healthy Active Schools System - an activity measurement tool for schools to track, monitor and evaluate all children's activity levels in their school - that will also enable the team and Sandwell Public Health to track participation and impact throughout the Sandwell Active Schools Programme.

The system tracks school sports premium spend, measures each child's progress, records all school activities and competition and provides access to free resources and reports.

For more information regarding the Sandwell Active Schools Programme or Engage To Compete, please contact:
craig.jones@fitforsport.co.uk

Engage to Compete Evaluation
<http://bit.ly/1VETY34>

Healthy Active School's System
www.healthyactiveschools.co.uk

Fit For Sport:
www.fitforsport.co.uk

