



Schools on the Move

Pedometers in Schools Project

Schools on the Move and the National Agenda

Research indicating that there are still large numbers of young people not meeting recommended levels of physical activity despite strong evidence of its health benefits, has prompted the government to place an increased emphasis on promoting physical activity to young people. Schools are recognised as a key setting that can influence participation levels among young people. Consequently there are a number of national targets and requirements in place designed to encourage schools to address this area. Below is a summary of these together with an explanation as to how Schools on the Move (SOTM) fits in with each.

National Curriculum 2000

Schools have a statutory requirement to implement the National Curriculum and P.E. is included within the subject areas covered.

How SOTM fits in:

SOTM provides teachers with ideas on using pedometers to help deliver areas of the curriculum in an innovative way that meets National Curriculum requirements. SOTM can play a key role in helping schools meet the P.E. requirements relating to 'knowledge and understanding of fitness and health'. It can also contribute to meeting curriculum requirements in art and design, geography, mathematics, PHSE and science.

National Healthy Schools Programme

The Government's vision was that 50% of schools would be healthy schools by 2006, with the rest working towards healthy school status by 2009. From April 2005, a key objective for schools became providing time and facilities for physical activity and sport within and beyond the curriculum in order to achieve healthy school status.

How SOTM fits in:

SOTM provides an ideal focus to help schools work towards meeting some of the physical activity requirements that need to be fulfilled to achieve





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healthy school status. A whole school approach to promoting physical activity is essential to be eligible for healthy school status and this is the approach adopted by SOTM.

New approach to Ofsted inspections

From September 2005 Ofsted was implemented using a new approach to schools inspections. Subject to parliamentary approval, there will be an increased focus on the impact that educational provision has on pupil health and wellbeing. This links into the Every Child Matters framework making sure all young people can 'be healthy'.

How SOTM fits in:

The focus of SOTM is to raise the profile of physical activity, increase activity levels among pupils and raise awareness of the role of physical activity in promoting health and well-being. Thus, involvement in SOTM will help to highlight a school's commitment to ensuring that the education provided to pupils does indeed impact on pupil health and well-being.

PE & School Sport Strategy for Young People (PESSYP)

The Youth Sport Trust plays a central role in supporting the Department for Children, Schools and Families (DCSF) and the Department for Culture, Media and Sport (DCMS) in the delivery of the PE & Sport Strategy for Young People. The overall aim of the PE & Sport Strategy is to enhance the take-up of sporting opportunities by 5 to 16 year olds.

The aim was for 85% of children to have access to two hours per week of high quality PE and school sport by 2008. Remarkably, this target was achieved a year early, as the 2007 School Sport Survey found that 86% of young people were taking part in a minimum of two hours per week.

Now the ambition is for each child to have access to five hours a week by 2012. This should be made up of two hours of physical education within the curriculum and three hours offered on school sites or in the community.

How SOTM fits in:

A key objective of SOTM is to increase levels of activity amongst young people. Involvement in SOTM will help to raise pupils' awareness of activity levels and the opportunities available for being active and will encourage more pupils to consider an active involvement in PE and school sport within and beyond the curriculum. SOTM also uses a variety of subjects to encourage activity and to promote messages about the





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importance of physical activity in maintaining health. Resources for the programme have been developed in consultation with pupils and teachers ensuring that SOTM offers high quality lesson plans and ideas. This ensures that pupils who may not engage in P.E. get the opportunity to participate in high quality physical activity and receive messages about physical activity through alternative channels. This supports the PESSYP aim of providing all children, whatever their circumstances or abilities, with the opportunity to participate in and enjoy physical education. In addition, all schools involved in SOTM are part of the school sport partnership programme, one of the eight strands of work mentioned in PESSYP. SOTM encourages schools to communicate with other local schools by sharing practice and offers a means to increase collaboration between primary, secondary and special schools. SOTM also suggests using interschool challenges as a means of increasing activity levels (a high quality objective). Furthermore, SOTM encourages the development of relationships between the school and the wider community supporting the PESSYP target of developing community links.

Schools' active travel plans

By 2010 all schools in England should have active travel plans that focus on encouraging more pupils to walk or cycle to school.

How SOTM fits in:

The key focus of SOTM is to encourage pupils to increase the number of steps they take each day through walking. Walking to and from school is highlighted as one good way of achieving this and schools are encouraged to consider walk to school promotions to help increase the numbers of pupils walking to and from school. Throughout SOTM walking as a mode of transport is also highlighted to pupils themselves.

Sport Unlimited

By 2010 all children and young people should have access to a varied menu of study support activities beyond the school day including physical activity.

How SOTM fits in:

Physical activity opportunities offered out of school hours should be an important feature of all schools. Extended schools will be expected to offer a broad range of formal and informal physical activity related learning





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activities for at least two hours a week for those who want it. A key aspect of SOTM is the promotion of physical activity and walking beyond the school day to facilitate independent exercising

PSA target to halt the rise in obesity

There is a PSA target across the Department of Health, Department for Education and Skills, and the Department for Culture, Media and Sport to halt the year-on-year rise in obesity among children under the age of 11 by 2010.

How SOTM fits in:

Increasing physical activity is seen as one key area that needs to be addressed in order to halt the increasing levels of obesity. By focusing on increasing steps, SOTM encourages all pupils to increase activity levels and provides targets that are achievable by all young people. Through the Super Strider Challenge, pupils are encouraged to work towards average daily step totals that have been identified as being the level necessary to achieve 'optimal body weight' (15,000 steps/day).

Healthy Towns

Nine areas have been given the go-ahead to become "healthy towns" under a plan by ministers to combat obesity. Dudley, Halifax, Sheffield, Tower Hamlets in London, Thetford in Norfolk, Middlesbrough, Manchester, Tewkesbury and Portsmouth will share a £30m pot. The areas will all match the government funding to develop a host of schemes related to cycling, walking, healthy eating and green spaces. It is part of a wider public health drive being rolled out in England

How SOTM fits in:

Schools on the Move can be used as a tool with any group. The programme can be used by schools classes, youth groups, brownies or any other group that have the desire to have a go at increasing their daily physical activity levels.

