St Anselm's

ACTIVE 30:30

START — FINISH

0 5 10 15 20 25 30

... 30 minutes of physical activity for every child, every day.

Promoting our children's well being and positive mental health

What would you do with 5 more years?
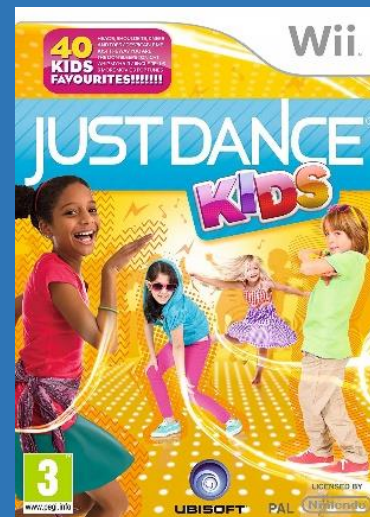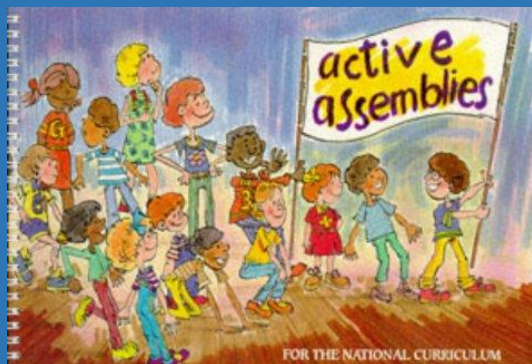
https://www.youtube.com/watch?v=BmOlzRQTabA

Public Health Update

In our school in 2016/17 33% of children entering reception were obese. This rose to 40% by Year 6.

In the UK, we have the highest rates of obesity in Europe. Nationally 25% of Y6 pupils are obese, this compares to 13% in Paris and 21% in New York.

Active 30:30

ACTIVE 30:30

0   5   10   15   20   25   30

... 30 minutes of physical activity for every child, every day.

The benefits of physical activity
How The Daily Mile can help

Taking part in regular physical activity has lots of benefits for children's physical health, mental health and wellbeing, and their learning.[1]

The Daily Mile
children fit for life

It improves **bone health** and **muscle strength** in children.[2]

It **enhances fitness** and improves **heart health**.[3, 4]

It reduces **body fat** and promotes **healthy body composition**.[4, 5]

It supports **self-esteem** and **happiness**.[6, 7, 8]

It helps **reduce anxiety** and **increases confidence**.[9, 10]

It improves **focus and concentration**[11] and can help improve classroom **behaviour**.[12]

It improves **memory function**,[3] **maths problem solving** and **performance**.[13, 14]

It supports improved **academic attainment**[15] and **cognitive performance**.[16, 17, 18]

Active 30:30
Moderate Activity

Active 30:30
Activities to strengthen muscles and bones

- Walking
- Running
- Games such as tug of war
- Skipping with a rope
- Swinging on playground equipment bars
- Gymnastics
- Climbing
- Sit-ups, press-ups and other similar exercises
- Basketball
- Dance
- Football
- Rugby
- Tennis

Weekly Timetable of Extra-Curricular Sports at St Anselm's 2019 - 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Clubs		Dance Club (Y3-6)			
Lunch Clubs	Girls Football (Y5-6)	Running club (Y5-6)	Walking club (Y5-6)		Boys football (Y5-6)
After School Clubs		Netball (Year 5-6)	Tennis club (All years) Ballet	AJ Soccer (All years)	Irish Dancing (All years) Tennis (All years)