

#SUN20



STAND
UP notts



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Welcome

Stand up Notts is taking place on Friday 25th September 2020. On this day, Active Notts and the School Games Organiser network are asking schools to focus on making sure all pupils are as physically active as they can be during the day. We are also asking schools to embrace an active school ethos beyond 25th September, if not already embedded, to improve the physical, emotional and social wellbeing of young people. We want physical activity to be prominent in every school's policy and vision. You have received this resource as part of our commitment to support schools to prioritise opportunities for children to access at least 30 minutes in school of the recommended 60 minutes of moderate intensity physical activity a day across the week.

This toolkit has been designed to give primary school practitioners some simple ideas on how to include approx. ten minute bursts of physical activity in the school day in addition to opportunities provided through curriculum PE, active breaks and lunchtimes and before and after school clubs. Also included are some links to free online resources and national partners who can also provide ideas and support and continuous professional development along with your School Games Organiser.

Those schools who have taken part in the day will be able to request a poster detailing the benefits of physical activity (which will be delivered by your SGO), download a logo for use on letterheads, download a certificate for the school and a certificate for each pupil that has taken part by visiting the website www.activenotts.org.uk/stand-up-notts

For further support please contact your SGO by clicking on the appropriate logo for their contact details.



#SUN20



Contents

4 Film – Why is physical activity so important?

6 Active Energisers

7 Active Travel

10 Stringy Maths

11 Stand Up and Move it Speller

12 Active Storytelling

13 Roll with it



#SUN20



Why is physical activity so important?

As part of the day we are encouraging schools to share with pupils why the school is taking part in Stand up Notts and why physical activity is important. We have put together a short interactive film which can be shown in a classroom to generate discussion and promote understanding. Alongside this we are asking pupils to make a pledge, using the template within the toolkit, detailing what it is they like about physical activity and what they are going to do to increase their physical activity levels.

We would love to hear their thoughts if schools are able to share on Twitter and tag @Active_notts

View the film at www.notts.org.uk/stand-up-notts





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My physical activity pledge...

Write or draw inside the heart why you enjoy being active and what you will do to be more active



Share
with us on
Twitter using

#SUN20

- tag @Active_notts

and send to

Your local SGO



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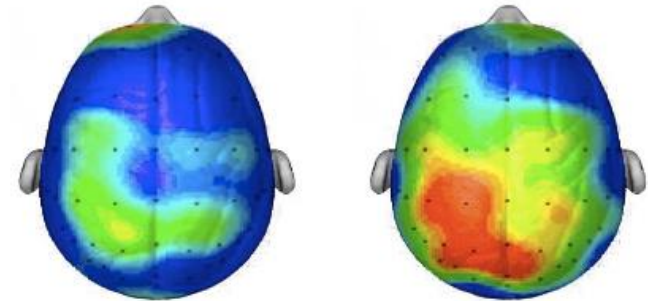
Active Energisers

Research shows high levels of physical activity across the school day lead to healthier and more effective learners.

Blood flow increases to the brain and improves concentration and brain function. This brain function reduces when children are sitting for too long, creating cold spots in the brain.

Take part in our own Stand up Notts five-minute burst of exercise which can be found at www.activenotts.org.uk/stand-up-notts

Composite of 20 student brains taking the same test



After sitting quietly

After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

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Active Travel

(c) Philippa Youlden



➤ **Active Travel: Snazzy Sock Day-celebrating feet and walk to school**
Children decorate a pair of socks to encourage a walk to school day, with coloured laces, ribbons, stickers, stripes, colour to celebrate how amazing feet are.

➤ **Active Travel: I Spy**
Children use the enclosed I Spy on 25th September during their walk to school. They tick off each place/item on their way to school. Who can spot the most? A sheet is provided but you may wish to create your own more suitable for your own community.

➤ **Active Travel: Golden Padlock**
Encourage children to cycle or scooter to school. Secretly select a bike or scooter to receive the golden padlock and place it on the handlebars. The lucky winner can swap it for a healthy prize (raisins, fruit etc.). The golden padlock can be made from card or a real padlock sprayed/painted gold! A golden padlock template is provided but you may wish to create your own.



Active Travel: Road Safety information for families and children

Check out http://brakezebras.org/assets/docs/kids/activities/Disney_Junior_road_safety_guide_SMALL.pdf for a great Disney themed information pack full of ideas and info about travelling safely.

Active Travel: Road Safety information for use with children in school

Check out <https://www.brake.org.uk/assets/docs/Teachroadsafetyguide-Sept14.pdf>



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I Spy: Walk to school sheet

How many can you spot on your way to school?

A blue or white door

A dog

Someone wearing a hat

Someone crossing the road safely

Some grass

A flower

A letterbox

A tree

A bicycle

A bus

A pair of trainers

Road markings



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Golden Padlock

Cut it out, stick it onto card.
Select your winner!





Stringy Maths

(c) Philippa Youlden

Supporting:

KS1 Measuring accurately/addition/ converting mm-cm-m/use of mathematical language
KS2 Measuring accurately/ converting mm-cm-m /doubles/halves/ use of mathematical language

Resources:

Pieces of string (enough for two per child) cut to random lengths from 5cm to 50cm
Blue-tac
Tape measure (over 1m)
Meter rulers
Paper and pen (one per child)

Set Up:

Before the lesson, without the children present, hide the pieces of string around the learning area in plain sight i.e. tie around table legs, balance on window sills or tops of light switches, on desks etc.



WHAT TO DO:

In small groups children are asked to race and find as many pieces of string as they can in a set time (two or three minutes). Grouping the children randomly or in specific groupings depending upon the needs of your class, children tie their string pieces together to form the longest piece of string they can.

They blue-tac this to the wall hanging vertically next to a sheet of flip chart paper. (They may need help if it is very long)



KS1 suggested activities- measure the total length of the string. Convert to mm, cm and metres. Make a note on the flip chart. Visit another team and read their measurement, discuss is it shorter or longer than their own? Visit the other teams and work together to establish which team has the longest piece of string.



KS2 suggested activities - measure the total length of the string. Convert to mm, cm and metres. Make a note on the flip chart. Half or double their figure. Use > and < in descriptions about the various lengths of string. Write a sentence about the string length in comparison to another team's using mathematical language.

Benefits of this active learning activity:

Gross motor movements & fine motor skills development (when tying string), mathematical operations, mathematical language, use of measuring tools, teamwork, communication, evaluation.



Stand up & Move it Speller

(c) Philippa Youlden

Supporting:

KS1 Spelling from spelling lists
KS2 Spelling from spelling lists

Resources:

White boards and pens (for half the class)
Individual words on cards (for half the class)

Set Up:

No set up required.

WHAT TO DO:

Half the class start with a mini white board and pen
The other half start with a single spelling card
Standing, with space to move around, children travel around the area until they hear "Buddy up". Children then form a pair with someone with the opposite item (one mini white board child with one spelling card child)
Children with the spelling card read the word out, the partner writes it on their board. As a pair they check it against the card and make any changes needed. When they hear "Swap it" they swap items with their buddy and start travelling again until they hear "Buddy up" again. Repeat by finding a new partner and repeating the activity. Again allow time for them to write and check their spelling before calling "Swap it" and they play the activity again.

- **KS1** use spelling from spelling lists or spellings of your choice
- **KS2** use spelling from spelling lists or spellings of your choice

Benefits of this active learning activity:

Gross motor movements & fine motor skills development (when writing & pen holding), spelling list activity, reading & writing, self-review, communication

Active Storytelling

(c) Philippa Youlden



Supporting:

KS1: Listening and responding
Comprehension
Acquiring a wide vocabulary

KS2: Develop a positive attitude to reading
Identify how language, structure and presentation
contribute to meaning

Resources:

Any engaging short story books.
Examples may include
Room on the Broom- Julia Donaldson
Jack and the Beanstalk
Follow My Leader – Emma Chichester Clark
Commotion in the Ocean – Giles Andreae

Set Up:

A space to move around is all that's required



WHAT TO DO:

There are many ways to make your storytelling active. Try reading the story with the children acting out the story as it's read aloud or acting out any verbs they hear.

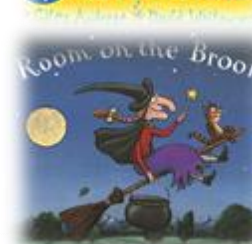
Or

If less space is available allocate a character to a different group of children. As the story is read out, each time a character is mentioned the relevant group of children stand up and then sit down again. This will help to focus the class and build anticipation.

After the first reading, the whole class can share ideas about each of the characters and each specific group can agree an action that describes their characters personality or description (i.e. big, strong, shy, loud, bossy, young, old) when the story is read again the groups stand up when their character is mentioned and perform their chosen action.

Benefits of this active learning activity:

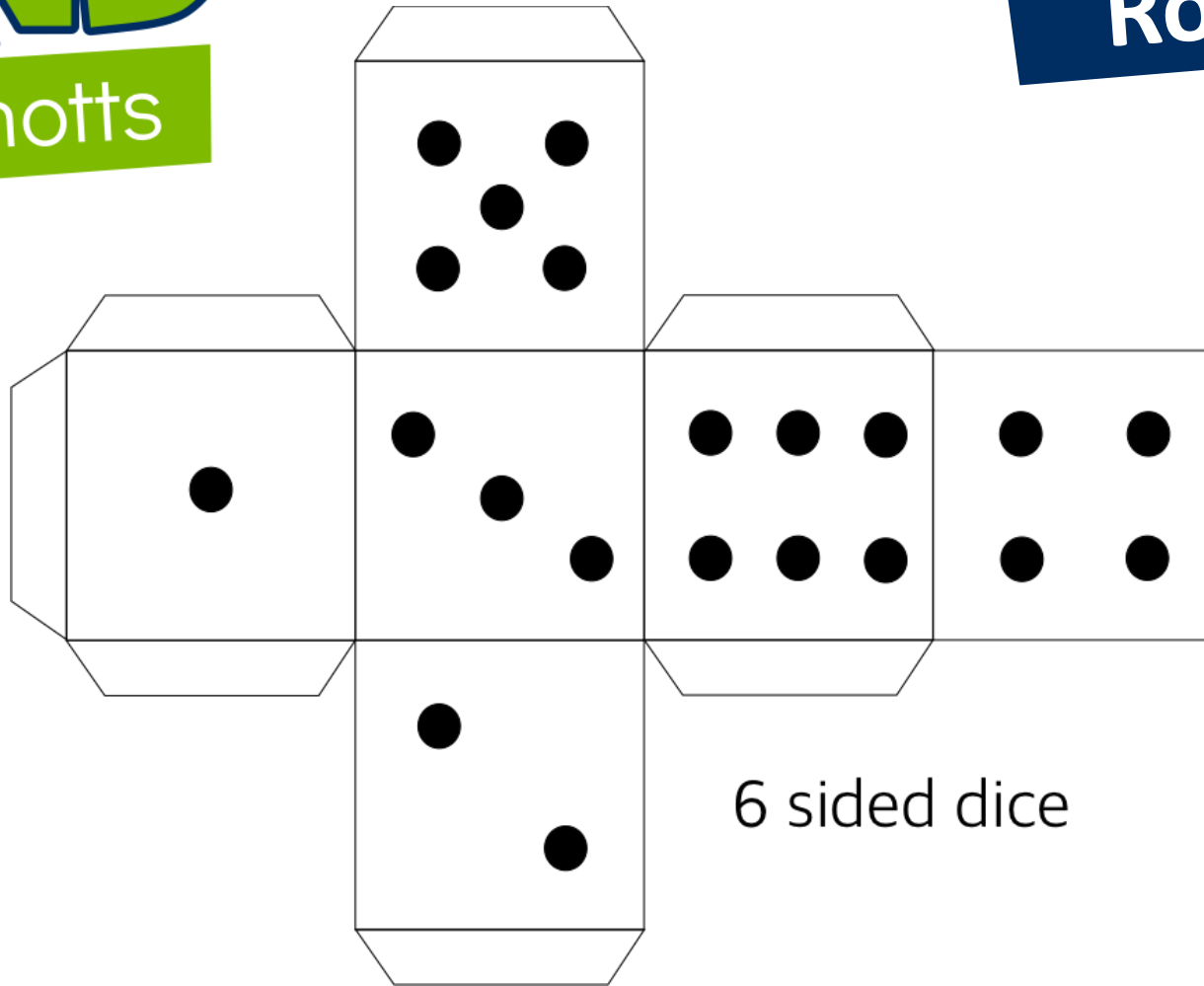
Physical activity, listening skills, decision making, creativity and imagination, team work, communication, decision making.



#SUN20



Roll with it



6 sided dice

Print and create your dice, using the template provided. Roll your dice and have a go at the different themed challenges. Activities can take place indoors or outdoors and some are designed to be done individually or with a partner. We've left a create your own section so you can add your own ideas.

How you play is up to you. For example, each time you roll a number choose a different theme (e.g fitness, mindfulness, wild card). Or play with two dice – first throw to get the theme and second throw to select the activity.

Roll your dice	FITNESS	MINDFULNESS & WELLBEING	HEALTHY EATING	WILDCARD	Create your own
1	Do ten star jumps.	On your own, practise kind thoughts by thinking of three people who you'd like to send a kind wish to.	Think of a fruit and try and make the shape of it using your body. Can you guess what everyone else is?	Think of a sport, can you act out the sport and then get a partner to guess the sport?	
2	Jump around like a frog for 20 seconds.	Close your eyes or look down at the floor and put your hand on your tummy. Take ten deep breaths and feel your tummy rise and fall.	Think of a vegetable and try and make the shape of it using your body. Can you guess what everyone else is?	Whilst in your chair can you pretend to pedal your bike for one minute? Hold your handle bars and ring your bell.	
3	Touch your toes ten times.	Look around you and observe shapes and objects. Describe these to your partner.	Think of an unhealthy snack. What could you swap it for to be more healthy?	Making sure you are in space, can you walk around the room like a crab for one minute, wriggle like a worm or shuffle like a gorilla?	
4	How long can you hop on your right foot for 30 seconds? Now try your left foot.	Can you do the stork balance? Try on your left leg and right leg. Can you practise and try to improve.	Think of your favourite healthy meal and tell your partner about it.	Think of a way to greet your friends without touching them. E.g your own non contact version of a high five or handshake	
5	Stretch as high as you can.	Have a mindful 'snack' by describing the smell, texture and taste of the food. Describe to a partner.	Can you name a fruit or vegetable for each colour of the rainbow?	Dance like a chicken for one minute.	
6	Balance on one leg for 30 seconds. Can you try your other leg?	Sit or lie in a comfortable position. Squeeze and let go of the following body parts when your teacher says: toes, legs, bottom, shoulder and hands. Hold for five seconds and slowly release.	Write a shopping list with as many healthy items of food and drink as possible.	Think of a new crazy sport, what would you call it and how would you play it?	

Appendices

Youth Sport Trust (YST) <https://www.youthsporttrust.org/>
 Association for Physical Education (afPE) <https://www.afpe.org.uk/>

ACTIVE ENERGISERS	
Title/Intervention	Address/website link
Go Noodle	www.gonoodle.com
Dough Disco	https://www.tes.com/teaching-resource/dough-disco-6327499
Body Coach – Joe Wicks	https://www.youtube.com/user/thebodycoach1
Jump Start Jonny	www.jumpstartjonny.co.uk
Change4Life Activities	https://www.nhs.uk/change4life/activities
Get Set – Olympic Games Indoor Activities	https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity
YST Activity Cards – Complete PE	https://www.youthsporttrust.org/free-home-learning-resources-0
Andy’s Wild workouts on Cbeebies	https://www.bbc.co.uk/programmes/p06tmmvz
Sheriffs Challenge Active Mile App	https://www.character-uk.org/mychallenge/webapp/info.html

ACTIVE ENERGISERS	
Chance to Shine	https://www.chancetoshine.org/teaching-resources
Disney 10 Minute Shakeups	https://www.nhs.uk/10-minute-shake-up/shake-ups
UK Active Kids – Move Crew	https://ukactivekids.com/movecrew/
Get Kids Moving	https://www.youtube.com/channel/UCokO71NW3Tgn_daSNyHlqwtQ

ACTIVE CLASSROOM	
Active Maths	www.active-maths.co.uk
Premier League Primary Stars	www.plprimarystars.com
BBC Super Movers	www.bbc.co.uk/sport/football/super movers
Premiership Rugby	https://www.premiershiprugby.com/community/

ROLL WITH IT	
Cosmic Yoga	https://www.cosmickids.com/
British Nutrition Foundation	https://www.foodafactoflife.org.uk/
Muddy Faces	https://muddyfaces.co.uk/outdoor-hub/