

Active Lifestyles

Programme information sheet

WHAT IS IT?

Active Lifestyles is an exciting new project aiming to help tackle the nations' obesity problem through increasing the amount of sport and physical activity our least active young people undertake on a weekly basis. Funded by the Department of Children, Schools and Families (DCSF) Obesity Team, the Youth Sport Trust has developed a tailored package of support for SSPs to help identify and engage those young people who are currently accessing 2 or less hours of PE and sport per week. This will clearly also contribute towards achieving the PESSYP 3 hour floor target. Training, development support and programme resources will be provided to 100 SSP's to help them deliver the most appropriate activities in the most effective way to engage inactive young people for whom the existing menu of opportunities is unappealing or inappropriate for their needs.



What is the aim of Active Lifestyles?

- The Active Lifestyles project aims to:
- create teams of 'Active Lifestyle Coaches/Leaders' within SSPs to identify and provide appropriate support and activity for young people who are overweight or at risk of developing obesity (target children)
- engage the target children in at least one additional hours sport and physical activity per week
- support the target children to continue to take part in regular physical activity and increase their participation in PE and sport.
- support their transition between reception to key stage 1 and from key stage 2 to key stage 3
- build sustainable partnerships with local health teams

Who is it for?

SSPs are selected to take part in this project either to focus on pupils transitioning between reception and key stage 1 or key stage 2 and 3.

Those selected are then able to target up to 12 partnership schools through which to deliver the project according to SSP, local school health team, and local authority priorities. This is an ideal opportunity to develop positive working relationships with these local partners who each have a vested interest in the success of the project.

The young people Active Lifestyles is designed to reach can be identified in a number of ways; OSHL registers, referrals

from health professionals, classroom teacher identification or other data on participation held by schools. The only set criteria being that they are currently undertaking 2 or less hours PE and sport.

The target children can take part in activity in groups, formally or informally, before, during or after the school day and can buddy up with more active friends if they wish. The key point is that they are consulted on what they want to do and when and that their needs are taken into account during the delivery of the activities.

What support is available?

The Active lifestyles package of support comprises:

- Development support from Youth Sport Trust development managers
- A National training day to provide further information on the project, identification and engagement of target young people, and product familiarisation
- One off payment of £2000 seed funding
- Start to Play, Active Play and Get Moving; Get Active resources for SSPs focusing on reception/KS1
- Sainsbury's TOP Activity, Schools on the Move and yoUR Activity resources for SSPs focusing on KS2/3
- Copies of the YST document Tackling Obesity Together
- Copies of 'A guide to engaging the least active young people in sport and physical activity.
- Each member of the Active Lifestyles team will also receive a package of sports clothing including a polo shirt, fleece and rain jacket.

By developing partnerships with health care teams and local authorities whose priorities the Active Lifestyles project is also designed to meet, SSPs delivering the pilot have also gained match funding, delivery and management support for the project.



WHAT DIFFERENCE DOES IT MAKE?

As a new project data on impact is currently unavailable but during training for the pilot SSPs feedback was gathered.

“I was able to combine the groups thoughts on barriers to taking part in physical activity and accumulate lots of ideas on how to overcome these.”
Pilot phase SSP Exercise Specialist

Impact findings on each of the YST programmes included in the Active Lifestyles resource package are available on the individual programme information sheets.

HOW TO GET INVOLVED

SSPs are invited to take part in the Active Lifestyles project on the basis of the following criteria:

- Their local authority (LA) has either national indicator (NI) 55 (% obesity in reception) or NI 56 (%obesity in year 6) as a stated priority.
- SSPs in LA's with NI 55 are invited to work with target children in reception and year 1 while SSPs in LA's with NI 56 are invited to work with target children in years 6 and 7.
- They are in an area with particularly high levels of obesity at reception or year 6 according to the national child measurement programme data.
- They have a low % uptake of the 3 hour offer.

To find out more about the Active Lifestyles project please contact Ali Goodall at alison.goodall@youthsporttrust.org or call 07825 065189

