

TAW Schools Health & Wellbeing webinar series:

Supporting the physical activity levels of all pupils

Intended outcomes:

- 1) Discuss the latest data on physical activity levels for CYP
- 2) Understand the benefits of increased PA for all pupils
- 3) Introduce the Creating Active Schools (CAS) framework
- 4) Learn how your school can benefit from our support.



Sam Ostermeyer

Programme Manager –
Children and Young People

About Energize:

Our core purpose is to...

improve quality of life
through the benefits of
physical activity

Our vision is to...

eliminate inactivity

Our work in Education:



School Games



Signposting to
resources



Training and CPD



Active Lives Survey



Guidance



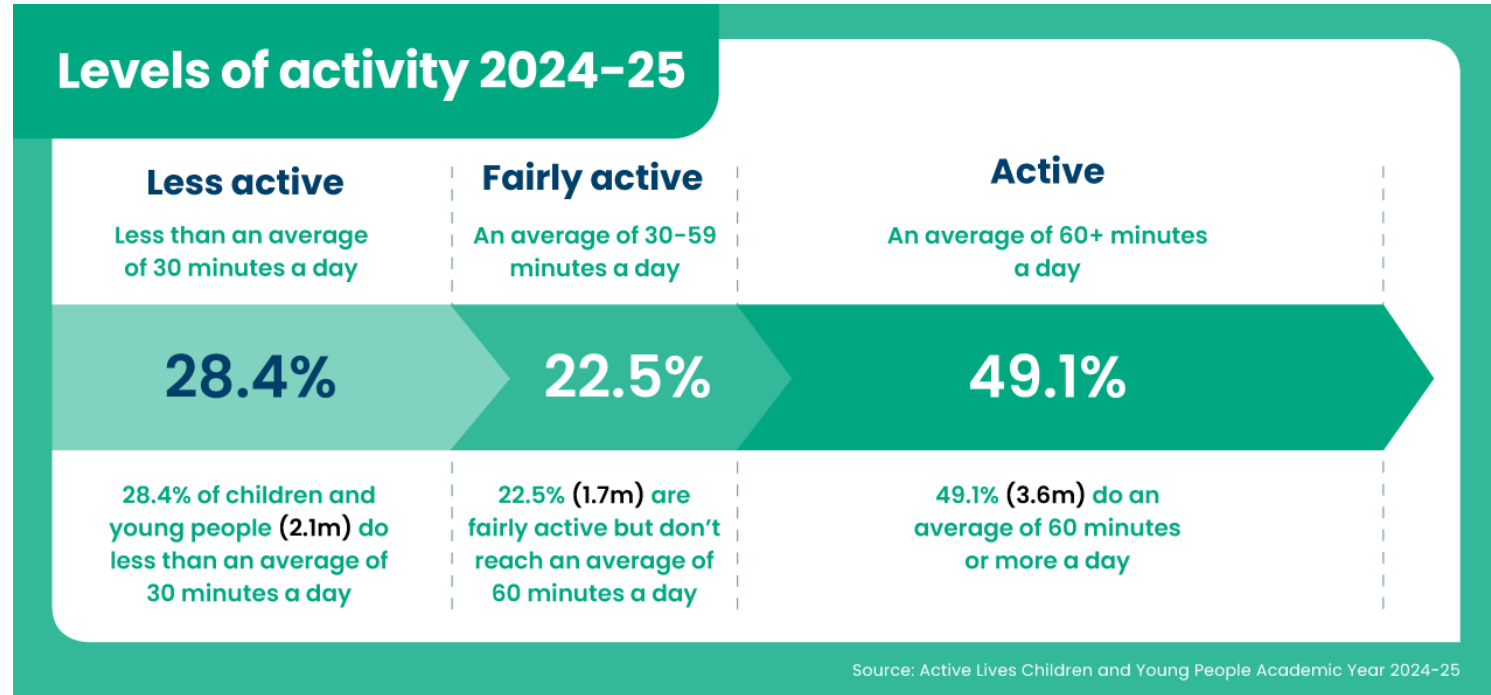
Funding
opportunities



Why is the promotion of more physical activity important?

Active Lives Children and Young People Survey Academic year 2024-25

Published December 2025



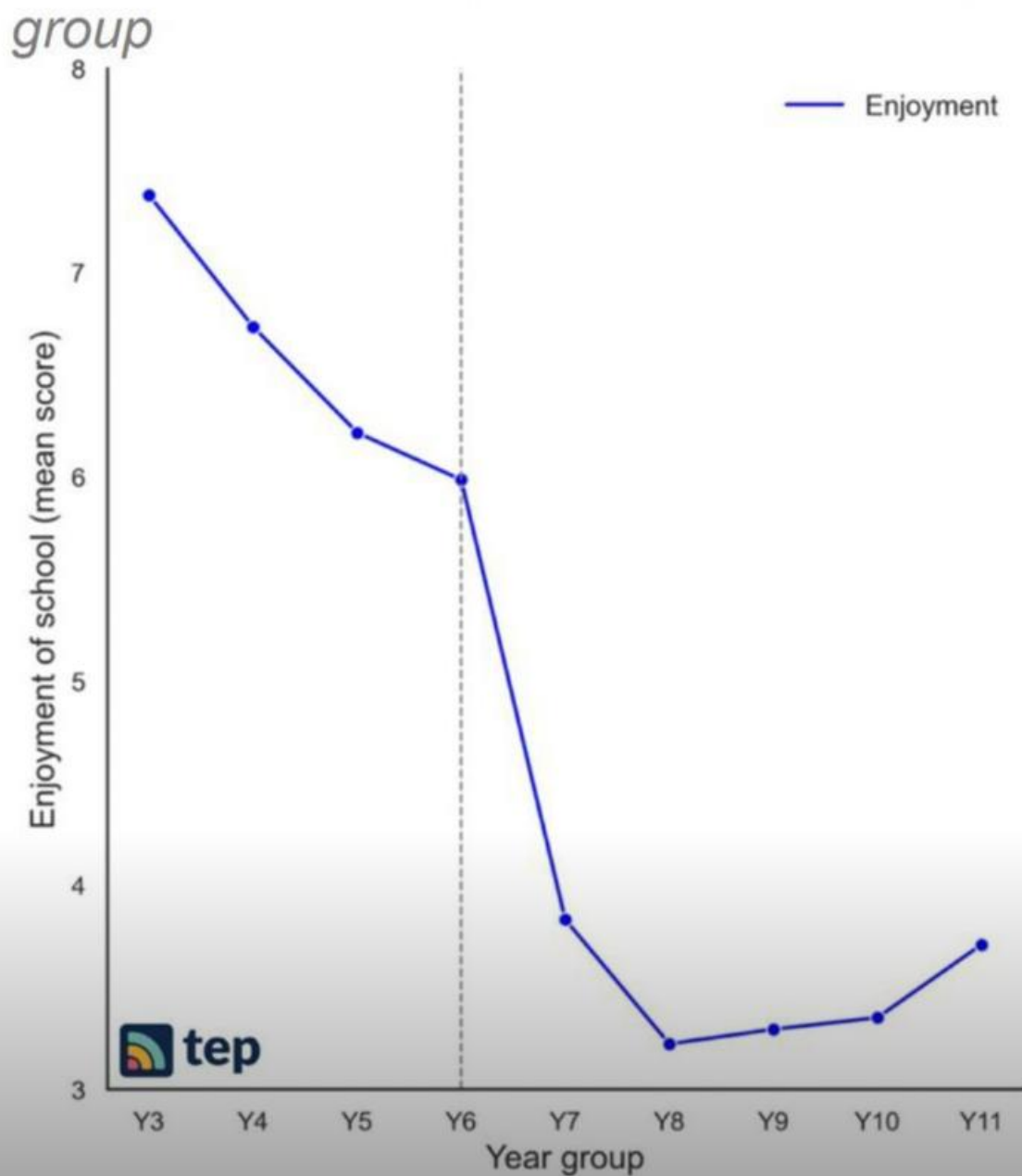
Takeaway headlines:

- Number of CYP being active at highest level since survey started in 2017/18
- children who feel positive about activity are the most likely to be active

However...

- More than 50% of CYP still don't meet the CMO's guidance of 60 minutes average per day
- Inequalities also persist with Black and Asian children's activity rates growing less quickly than children of White background.

Pupils' reported enjoyment of school by year group



Mind the Engagement Gap: A National Study of Pupil Engagement in England's Schools (ImpactEd, 2025)

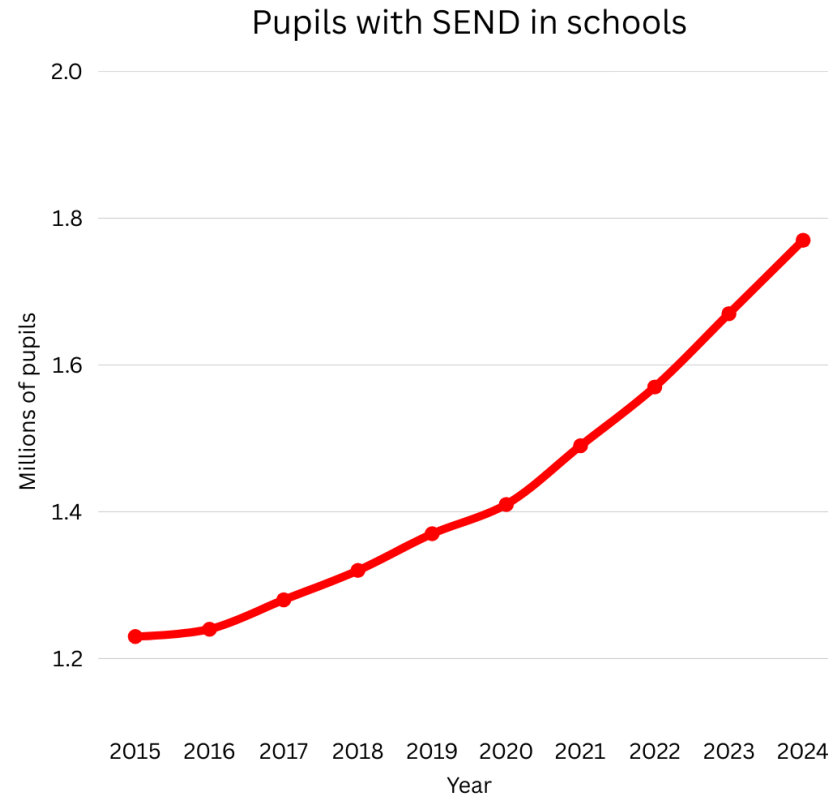


- 1 in 6 children aged 5 – 16 are likely to have a mental health problem – that's 5 children in a classroom of 30.
- In the last 3 years, the likelihood of young people having a mental health problem has increased by 50% - Children's Society Good Childhood report 2024
- In addition, the UK is ranked the lowest out of 24 European countries for the proportion of 15-year-olds with high life satisfaction. (PISA 2022)



Every Child Achieving and Thriving

CP 1508-1



Data source: Department for Education

Around 1.7 million children in England have SEND – 19.5%

Are these needs 'special' anymore?

Simple Solution?



TL;DR 2. The System Today

A Crisis in Numbers 638,700 active EHCPs. £2 billion on transport. 21,000 tribunal appeals. A £14 billion projected deficit. 1.7 million pupils receiving SEND support. The numbers are not abstract — they represent a system spending billions on its own failure.



How do we achieve this?

Movement is our first language: it's how we first communicate. It's universal. Embrace it, don't inhibit



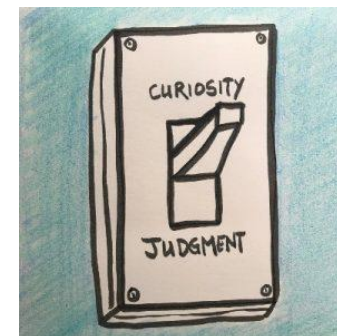
It can be the golden thread, not a bolt-on



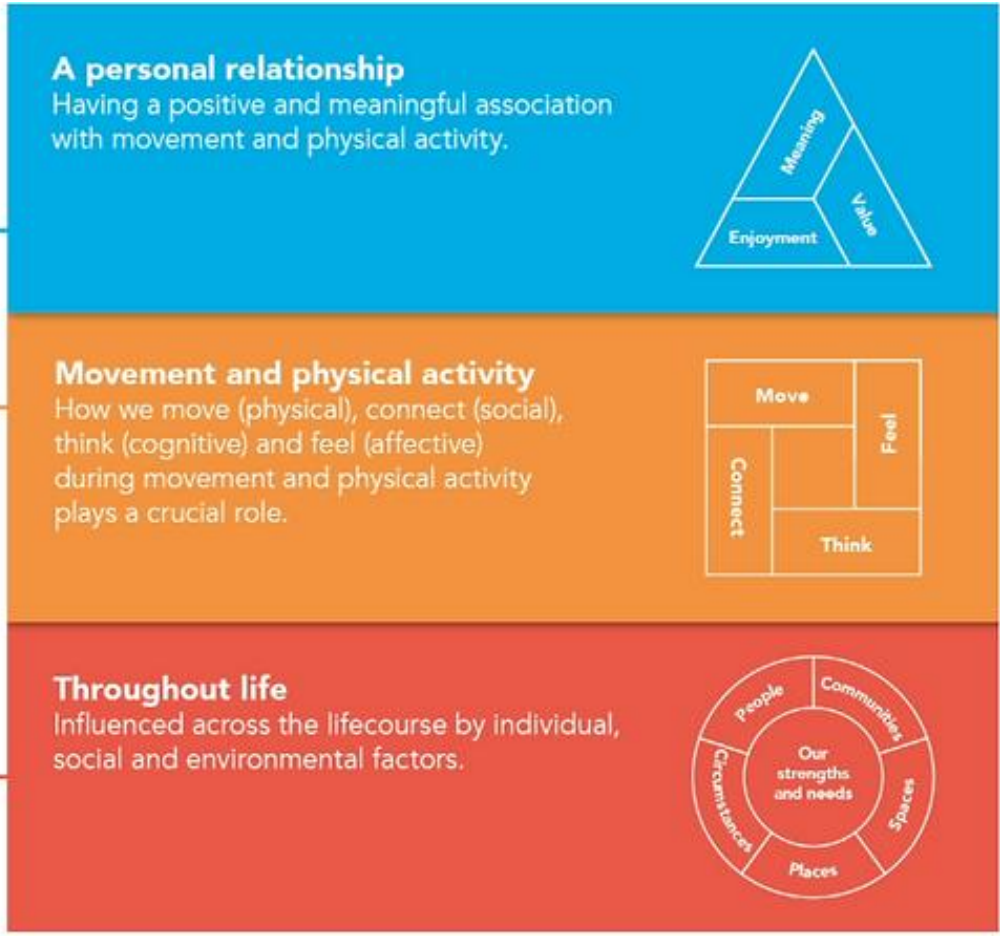
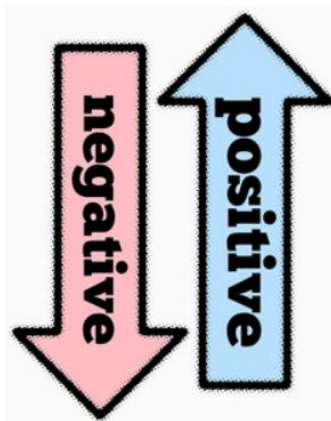
We need to re-think what physical activity or movement includes: not restricted to PE



Develop a culture of curiosity, not judgment.



**Physical literacy
is our relationship
with movement
and physical activity
throughout life.**



Physical literacy relates to many areas of work, from physical education, school sports and activities, active environments, community sport, recreation, health and play. The only way to develop physical literacy across our nation is by giving people positive meaningful physical activity experiences in all these areas.

Physical Literacy in the Early Years (PL-EY) Model

A holistic foundation

Move
Physical skills & competence

Connect
Relationships & interactions

Think
Awareness & understanding

Feel
Feelings & attitudes

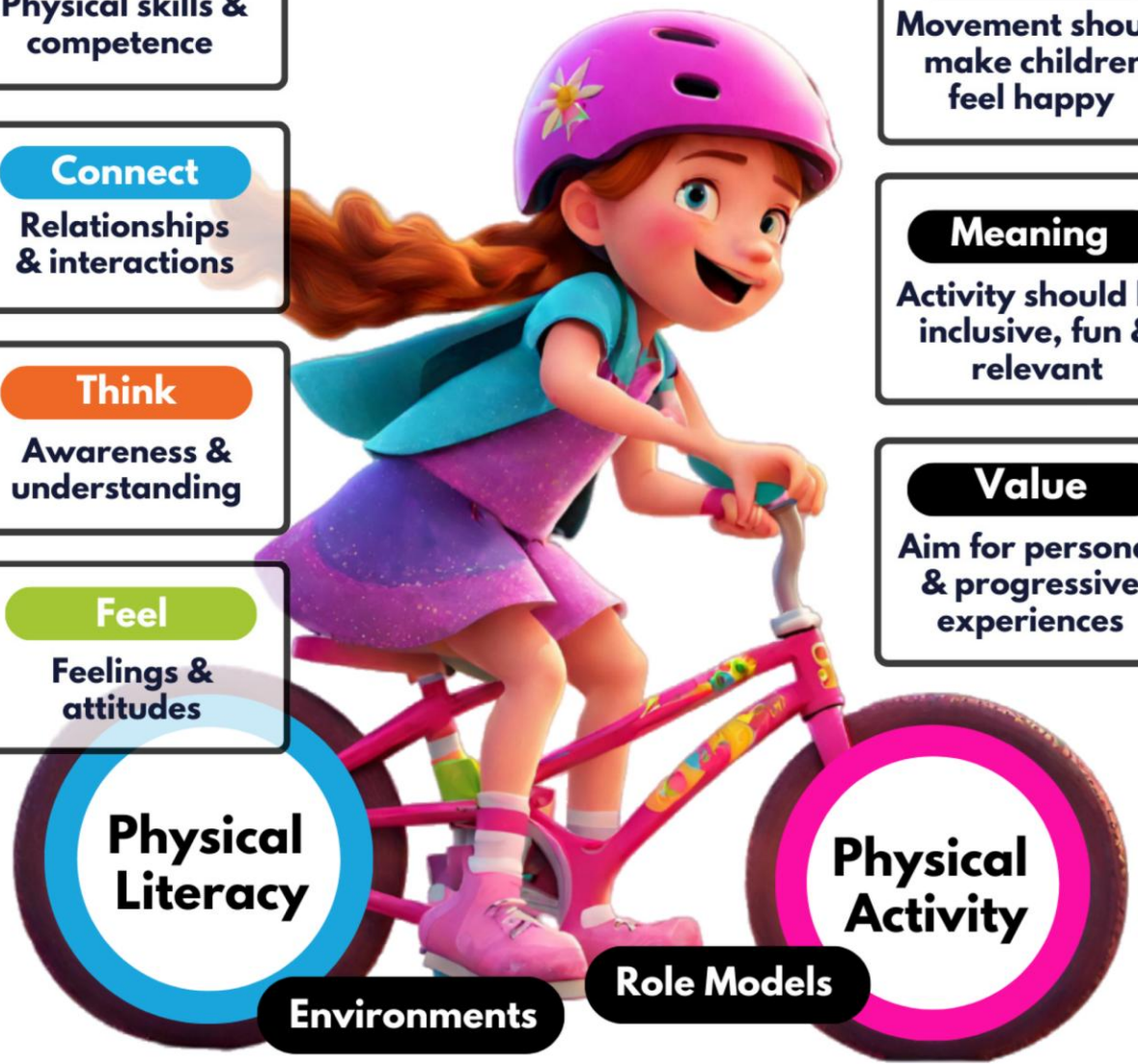
Enjoyment
Movement should make children feel happy

Meaning
Activity should be inclusive, fun & relevant

Value
Aim for personal & progressive experiences

Move, Play & Learn

How can you promote this in your school on a daily basis?



[Patchwork Programme - Podcast - Apple Podcasts](#)

[Welcome to the Positive Experiences Collective](#)

Physical activity for children and young people (5 – 18 Years)

BUILDS CONFIDENCE & SOCIAL SKILLS	MAINTAINS HEALTHY WEIGHT
DEVELOPS CO-ORDINATION	STRENGTHENS MUSCLES & BONES
IMPROVES CONCENTRATION & LEARNING	IMPROVES SLEEP
IMPROVES HEALTH & FITNESS	MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for at least **60 minutes** everyday

All activities should make you breathe faster & feel warmer

PLAY	RUN/WALK	BIKE	ACTIVE TRAVEL
SWIM	SKATE	SPORT	PE
SKIP	CLIMB	WORKOUT	DANCE

Include muscle and bone strengthening activities **3 TIMES PER WEEK**

Sit less **Move more**

LOUNGING

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

8 reasons why children benefit from Physically Active Learning (PAL)



Boosts physical activity and reduces sedentary time



Facilitates learning and understanding



Increases concentration and time on task in other lessons



Increases confidence and reduces anxiety



Improves resilience



Allows for collaboration and team work



A more inclusive approach

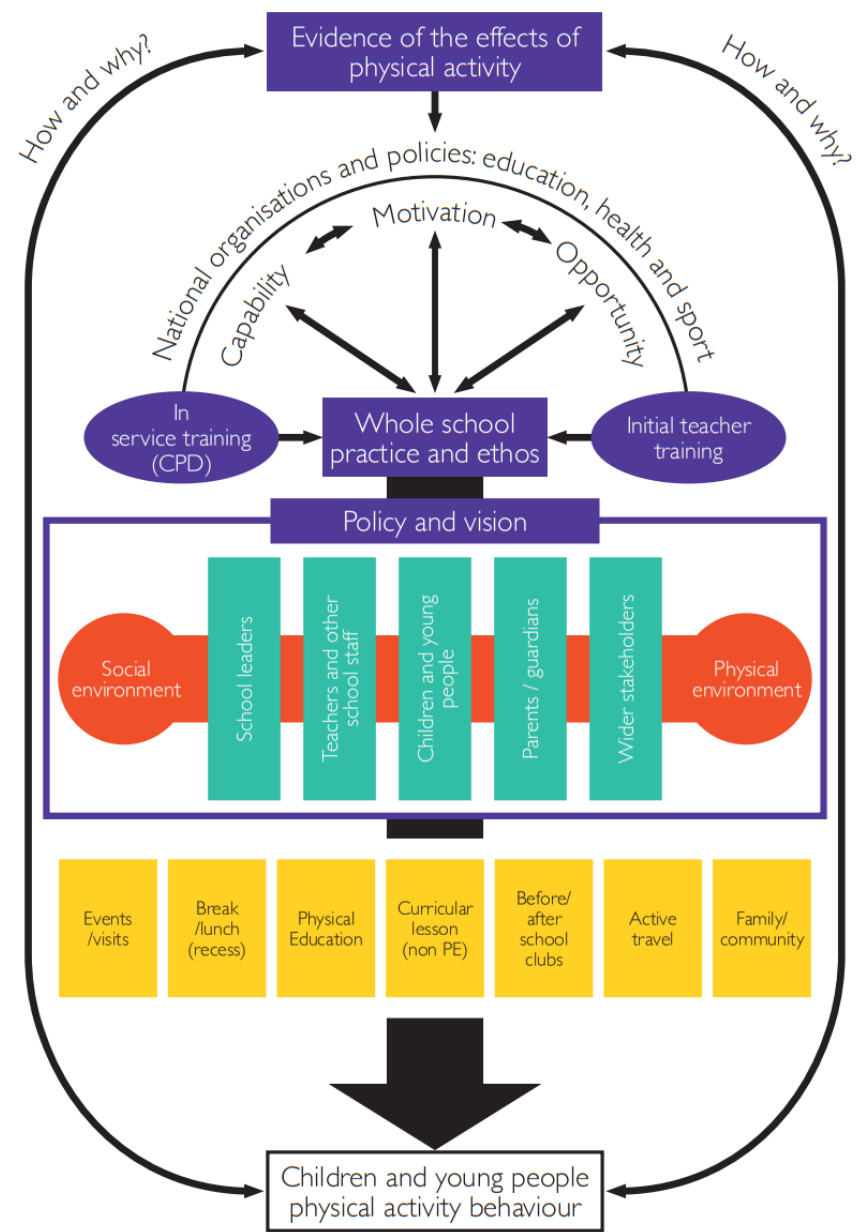


Fun, exciting and enjoyable



Reimagine how movement can be woven through every part of the school day, helping children to **move more**, feel **happier**, and **engage more deeply in their learning**.

The Creating Active Schools National Framework:



The **Creating Active Schools framework** promotes a whole systems approach to school improvement and provides a structure for embedding physical activity at the heart of a school's ethos.

Policy

Environments

Stakeholders

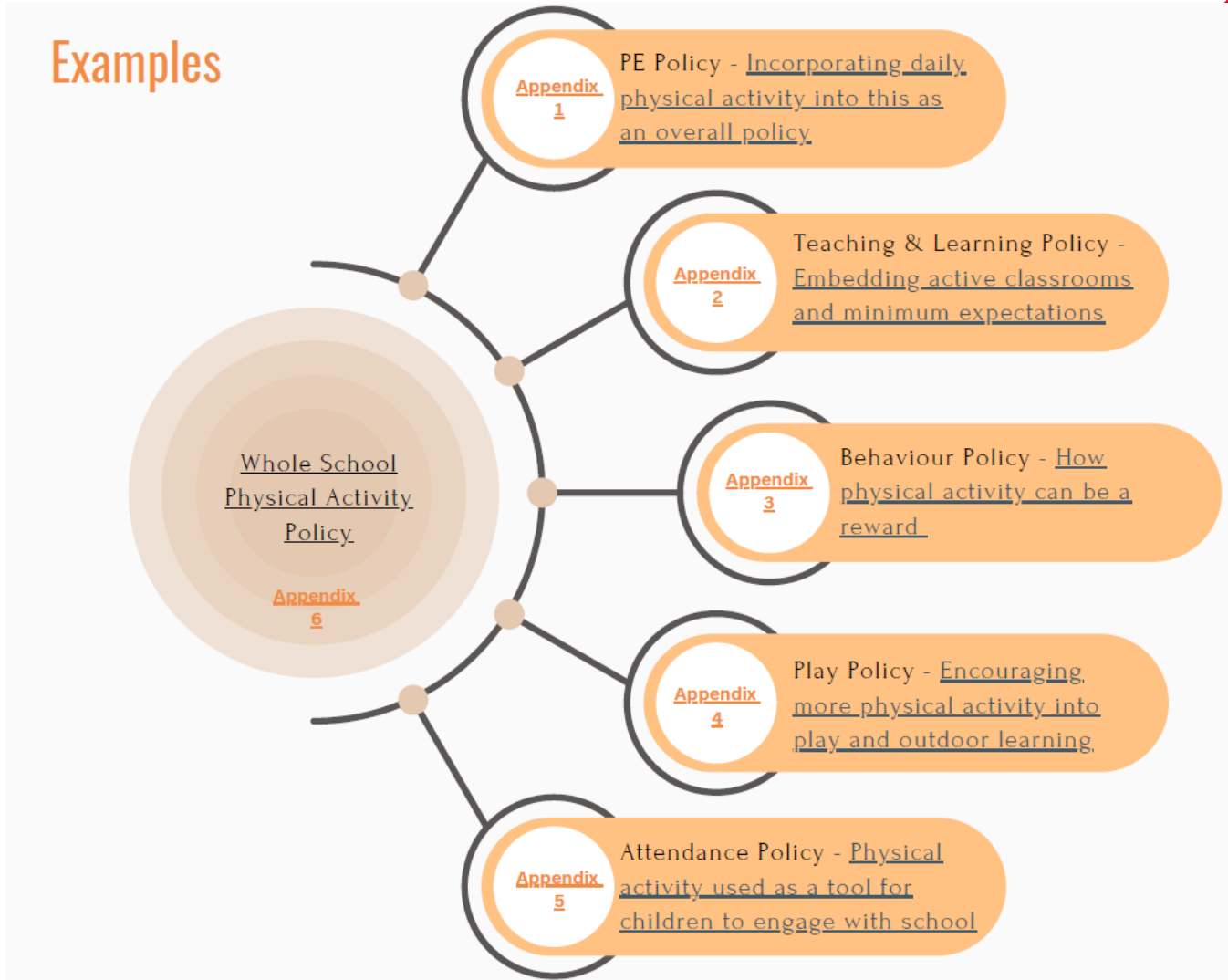
Opportunities



Policy

1.1	School Improvement Plan
1.2	Policies & Procedures
1.3	Staff Professional development
1.4	Monitoring & Evaluation
1.5	Marketing Strategy

- Where does physical activity currently fit in any school policies?
- Is it standalone, across the curriculum or just limited to PE?
- Is it used as a wider vehicle to achieve other priorities?



Environments

Classrooms

Corridors

Hall Space

Outdoor Space

Community Space

- How conducive are classrooms to allow movement opportunities?
- Are corridors wasted space or do they have signs and routines that encourage physical activity in these spaces?
- Is outdoor space structured to promote different opportunities to move in different ways? Do staff have the knowledge and confidence to be able to create positive opportunities for children in these spaces?



Is movement part of the social environment through interaction, identity, belonging and wellbeing?



Stakeholders

- Senior Leaders
- Teachers & Support Staff
- Pupils
- Governors
- Parents/Carers
- Partners

Drive the change

Deliver the change

Live the change

Monitor the change

Support the change beyond school

Create sustained pathways and engagement in change



Opportunities

- Physical Education
- Other Curriculum Areas
- Break Times
- Events/Trips
- Extra Curricular
- Active Travel
- Outdoor Learning
- Community Links



THE LONG-TERM IMPACT OF ACTIVE SCHOOLS



IMMEDIATE IMPACT

- Brains work better
- Happier
- Higher grades
- Stronger school connections

LONGER-TERM IMPACT

AT SCHOOL

- Better retention
- Higher graduation rates
- More likely to attend college

AT HOME

- Better sleep
- Less depression
- Better behaviour

IN THE COMMUNITY

- Less crime
- More civic engagement
- More volunteerism

IN THE WORKPLACE

- More productivity
- Less absenteeism
- Greater earning power

INTERGENERATIONAL IMPACT

- Active parents raise active children
- Lower healthcare costs

Impact so far....



100%
schools
reported
pupil activity
levels
increased



73%
schools
reported
pupil
behaviour
improved



93%
schools
reported
pupils'
wellbeing
improved

Impact so far....



100% schools reported staff mindsets had changed with staff more likely to advocate for movement and physical activity



87% schools reported movement and physical activity have come a daily habit and are embedded throughout school

“It has raised the profile of physical activity at a strategic level”

“Behaviour has improved”

“EVERY child is active at break and lunchtimes”

“Children are happier – school feels more fun”



“Children are more creative in their play”

“Attitudes are different – people are trying new things”



“Children understand the link between physical and mental wellbeing”

“If you want to drive change, then EVERYBODY needs to be a part of that action plan”

The caveat and commitment

- Embedding physical activity into your school is not a one-year project.
- This will take on-going support, making small improvements each year that become embedded into the school.
- Best practice: set up a CAS team or committee in school and once the self-review tool is completed, develop three priority areas each year.
- Then the whole process will start again of self-review and implementation, through to embedding a priority area.



junior parkrun

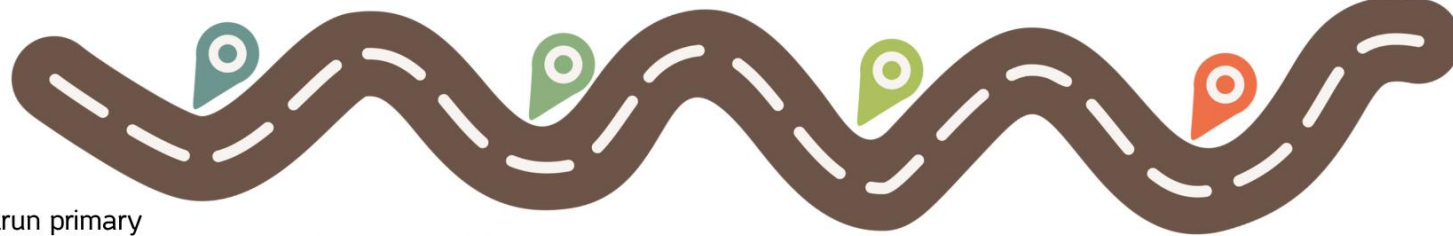
parkrun primary initiative: our local impact so far



Energize communicate with schools to promote

Energize Programme Manager - CYP - launches in schools with assemblies

November: Mereside and Radbrook join the family



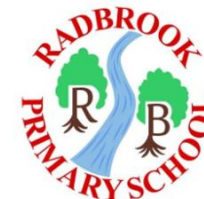
Over 230 known children attended so far from parkrun primary schools

September: parkrun primary launches nationwide

Schools register on parkrun website

October: Trinity and Pontesbury first schools to attend Shrewsbury JPR

December: Meole Brace latest school to takeover



“

Trinity Headteacher: 'Junior parkrun is a great way to encourage children and their families to be active at the weekend and connect with their local community in a unique way.'

Meole Brace parent: 'He says he wants to do it every week!'

”



JOIN NOW

Please reach out: it's my job, and my passion!



Sam.ostermeyer@energizestw.org.uk

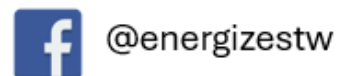


[linkedin.com/in/sam-ostermeyer-9337a4384](https://www.linkedin.com/in/sam-ostermeyer-9337a4384)

#creatingactiveschools



Energizestw.org.uk



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energize-Shropshire-Telford-Wrekin

Sam Ostermeyer

Programme Manager –
Children and Young
People