



Strong evidence proves that regular physical activity is associated with numerous health and education benefits for children. The UK Chief Medical Officers recommend that all children and young people should engage in physical activity of moderate to vigorous intensity for at least 60 minutes every day.

What can we do to support this? Many schools already offer an average of two hours of PE or other physical activities per week. However, we need to do more to encourage children to be active every day. It is suggested that at least 30 minutes of physical activity should be delivered in school every day through active breaktimes, PE, extra-curricular clubs, active lessons or other sport and physical activity events. The remaining 30 minutes supported by parents and carers outside of school time.

(HM Government, Childhood Obesity Strategy 2016)



North Yorkshire Sport have created 30 Things for 30 Active Minutes. The aim is to support and build confidence of Headteachers, Governors, PE Curriculum Leads, Teachers, Teaching Assistants, Lunchtime Supervisors and students to achieve the 30 active minutes during school time.

The table below highlights 30 different activities that can all be done within the school environment, to achieve a child's 30 minutes of physical activity per day. Within this list there are 3 different types of activities:



ACTIVITY BREAK

Designed to provide pupils the opportunity to engage in physical activity.






ACTIVE ENVIRONMENT







Activities allowing students to be more active and sit less within their daily routine.

















ACTIVE LEARNING



Lessons are adapted to combine movement and learning to promote cross curricular learning.







ACTIVITY TYPE	TIME (MINS)	ACTIVITY	TEACHER/ PUPIL LEAD	DESCRIPTION	COST	SPACE	RESOURCES
	10+	MATHS OF THE DAY	Teacher	Actively engage children in mathematics through an easy to deliver programme for both lessons and homework activities.	1 Year - £645 3 Years - £1635 (free trial)	Classroom	Maths of the Day
	3-6	JUST DANCE	Teacher/ Pupil	Access through Web browser, Smart TV, Tablet, - dance tutorial - range of songs and movements	Try For Free Youtube	Hall/ Classroom	- YouTube 1 - YouTube 2 - YouTube 3
	2-10	FREE DANCE	Teacher	Allow children to dance to the music in any way they wish	Free	Classroom	Music
	15	DAILY MILE	Teacher	Run, Jog, Walk for 15 Minutes / 1km in the fresh air, in uniform and all included	From Free - £30 + VAT per class	Outdoor Space	- The Daily Mile - Golden Mile - Kids Run Free - 1K a Day






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 	3-6	GO NOODLE	Teacher/ Pupil/ Families	Move with purpose - hundreds of videos that activate kids bodies and brains for short bursts	Free	Hall/ Classroom	Go Noodle
	10	DISNEY 10 MINUTE SHAKE UP	Teacher/ Family	Partnership with Disney, different activities assigned to Disney characters to challenge and get children moving	Free	Indoor/ Outdoor	10 Minute Shake Up
	5-10	WAKE UP SHAKE UP	Teacher	Introduce daily activity into the curriculum to create more active lessons	£14.99 - £45.99	Classroom	- Wake Up Shake Up - Primary Energise
	VARIOUS	DISNEY'S 24 HOUR CHALLENGE/ MISSIONS	Pupil/ Family	Challenged to build up 24hours of activity with their family & chance to win prizes. Missions set out by the incredible characters to help do this & generate ideas which can be used in classroom.	Free	Indoor/ Outdoor	24 Hour Challenge
	2	SKIP TO BE FIT	Teacher/ Pupil	6-week programme, 2 minute challenge where score is recorded. Encourage improvement on individual score. Improve and ring the PB Bell (optional)	£380 + VAT (1 day workshop)	Indoor / Outdoor	Skip 2 B Fit
	50	PREMIER LEAGUE PRIMARY STARS	Teacher	PE - activities to develop skills from balance to athletics. Maths - apply knowledge to football challenges English - examples of sport to improve skills.	Free	Indoor/ Outdoor/ Classroom	PLP Stars

ACTIVITY TYPE	TIME (MINS)	ACTIVITY	TEACHER/ PUPIL LEAD	DESCRIPTION	COST	SPACE	RESOURCES
 	5	BBC SUPER MOVERS	Teacher / Pupil / Family	Partnership between premier league and BBC to inspire primary children to get active. Movement routines focussing on curriculum and can be done at home with family.	Free	Classroom	BBC Sport
	2+	BBC BOOGIE BEEBIES	Teacher / Pupil / Family	A range of video clips available online to get kids moving and active between lessons.	Free	Classroom	BBC Boogie Beebies
 	VARIOUS	STANDING DESKS/ STABILITY BALL CHAIRS/ HEIGHT ADJUSTABLE DESKS	Teacher	A few placed in each classroom for children to rotate throughout day. Gives pupils the choice.	£187 - Standing Desk	Classroom	I Want a Standing Desk
	5-50	ACTIVE LESSONS	Teacher	Active lessons or aspect of lessons through activities encouraging movement and linking to curriculum objectives.	Subscription from £99 per year	Classroom	- Youth Sport Trust - I Moves Dance - Tagtiv8
	5	DOUGH DISCO	Teacher / Pupil	Moulding dough in time to music to strengthen fine motor skills helping with pencil grip and writing	Free	Classroom	YouTube

ACTIVITY TYPE	TIME (MINS)	ACTIVITY	TEACHER/ PUPIL LEAD	DESCRIPTION	COST	SPACE	RESOURCES
 	VARIOUS	ORIENTEERING	Teacher	Global game of hide and seek linked with outdoor learning and linked to curriculum.	From Free	Outdoor	- Questr - Geocaching for Schools
	10-50	COSMIC YOGA	Teacher / Pupil	Online tutored stories with simple Yoga based movements.	Free	Classroom	Cosmic Kids Yoga
	BREAK TIME	ACTIVE BREAKS	Teacher / Pupil	Structured activities at break to prevent sedentary behaviour. Engagement from lunch time supervisors.	Free	Outdoor	- School Games - Sports Leaders
		ACTIVE TRAVEL	Teacher / Pupil	Focus on increasing active travel to and from school - walking school bus, bike bus	Free	Outdoor	- Living Streets - Crocodile
	2	GO PRO BOB SLEIGH	Teacher	Children watch Bobsled video and pretend they are on the course mimicking the movements - seated or standing	Free	Classroom	YouTube
	5	MUSICAL STATUES	Teacher	Linking movement, balance and reaction time	Free	classroom	Device to play music
	5	SUBJECT CHARADES	Teacher	Acting out a buzz word / phrase from curriculum subject	Free	Classroom	Charade Cards

ACTIVITY TYPE	TIME (MINS)	ACTIVITY	TEACHER/ PUPIL LEAD	DESCRIPTION	COST	SPACE	RESOURCES
(Continued)	5	SIMON SAYS	Teacher / Pupil	Teacher can make as active as space allows.	Free	Classroom	
	2+	HEAD, SHOULDERS, KNEES AND TOES	Teacher / Pupil	<p>"Head, shoulders, knees and toes, knees and toes; head, shoulders, knees and toes, knees and toes; and eyes and ears, and mouth and nose; Head, shoulders, knees and toes, knees and toes"</p> <p>Speed up tempo each round to increase heart rate.</p>	Free	Classroom	- YouTube - BBC Heads, Shoulders, Knees and Toes
	5-10	ACTION ACTING	Teacher / Pupil	Calls out action for pupils to imitate (basketball player, swimming, skipping) - change every 20 seconds. Pupils can take it in turns to call out a new action. Can be done on the spot or moving around classroom dependent on space.	Free	Classroom	
	10+	BUILDERS AND BULLDOZERS/ DISHES AND DOMES	Teacher	Children are either a builder (Dome) or a Bulldozer (Dish). In an allocated time builders try and turn as many as they can upright and bulldozers turn as many as they can the other way. Specify what body part they can use to carry out their task (right hand, left elbow etc)	Free	Outdoor / Indoor	Cones, stop watch
 	2+	BEAN BAG TO HOOP TRIVIA	Teacher	Can be linked to curriculum subjects / used to test knowledge / track progress. As a class or in groups children take turns to throw beanbag into hoop. If it goes in an active activity, if they miss, trivia question.	Free	Classroom	Bean Bag, target, trivia questions

ACTIVITY TYPE	TIME (MINS)	ACTIVITY	TEACHER/ PUPIL LEAD	DESCRIPTION	COST	SPACE	RESOURCES
	20-40	CHANGE4LIFE	Teacher	Targeted intervention with the least active pupils in the school. Simple games in non-competitive environment.	Free	Indoor / Outdoor	Change4Life Equipment already in school cupboard. Festivals through school games
 	ALL DAY	STEP CHALLENGE	Pupil	Use pedometers or other device to monitor steps and encourage improvement. Set daily / weekly / monthly step challenges. Can introduce reward schemes, family challenges etc.	£1+	Indoor/ Outdoor/ Classroom	Pedometers Buy Pedometers
 	30	ACTIVE 30:30	Teacher	Resource pack to generate motivation and ideas to ensure kids are active for at least 30 mins in the school day.	From £118.80	Classroom	Youth Sport Trust
	10+	JOE WICKS	Virtual PE teacher	Mission to get more school children active and feeling the benefits of physical activity through HITT workouts	Free	Indoor/ Outdoor	YouTube
	10	FITTER FUTURE	Virtual PE teacher	A series of online workouts designed by children for children taking the time and effort away from teachers. Introduce classes to a FUN way of getting active both in the classroom and at home		Indoor	Fitter Future

ACTIVITY TYPE	TIME (MINS)	ACTIVITY	TEACHER/ PUPIL LEAD	DESCRIPTION	COST	SPACE	RESOURCES
	3+	JACK HARTAMAN COUNTING EXERCISES	Teacher	You tube clips teaching kids to count whilst exercising	Free	Classroom	YouTube
	5+	ACTIVATE IN THE CLASSROOM – VAL SABIN	Teacher	Age specific, inclusive and progressively staged, repeated patterns of movement with music programmes.	£11+	Classroom / hall	Val Sabin Publications
	VARIOUS	ACTIVE PHONICS	Teacher	Active Phonics is a highly engaging multi-sensory fusion of phonics and Physical Education.		Classroom	Active Phonics
	VARIOUS	EXTRA CURRICULAR CLUBS	Teacher/ Parent / Lead	Providing more opportunities at lunch / after school / before school to try different sports and activities additional to the PE lesson.	Free	Hall / Outdoor	
	VARIOUS	ACTIVE STORY/ SONG TIME	Teacher	Songs and Stories are made physically active for children. Story time doesn't have to be just a bedtime ritual. Pick a book that has a word that's often repeated. For example, choose the word "hat" if you're reading The Cat in the Hat. Every time the word comes up in the story, get your kid to do a jumping jack	Free	Classroom	Action for Healthy Kids

For further information on 30 Things for 30 Minutes please [click here](#) to visit the North Yorkshire Sport website or contact Ryan Ellis at North Yorkshire Sport on:

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