

Schools on the Move

Programme information sheet

WHAT IS IT?

Schools on the Move is a school-based pedometer project for 9-13 year olds, helping to get children and young people more active. The new and improved programme provides schools with the tools to help promote physical activity and deliver on a number of the key national targets and requirements.

Now in its second year, the project funded by the Department of Health, is running throughout England. Concept 2, the indoor rowing specialists, are supporting the project and have loaned the use of rowing machines to over 60 schools taking part in the project. The British Heart Foundation continues to support the project.

Encouraging a healthy lifestyle is essential as physical activity has important beneficial effects not just on the current but also future health status of young people. Current recommendations in England are that all children and young people should achieve a total of at least 60 minutes of moderate intensity physical activity each day.

Pedometers provide a good starting point in helping young people increase their activity and move towards achieving the 60 minute target. They are particularly useful for those who are sedentary or who may not otherwise be engaged through more traditional activities.

The Schools on the Move recommendation for average daily step targets for young people is 15,000 steps a day. Those reaching the target number of steps are more likely to be reaching the recommended physical activity targets.

Programme Resources and Support

A further 300 schools received targeted support over the 2008/09 academic year, receiving pedometers and access to the dedicated website.

The Schools on the Move programme involves:

- 150 pedometers per school.
- Training for teachers in the selected schools.
- Interactive website designed to record step counts and provide individual incremental step count targets.
- Curricular materials and ideas for development.

The project is co-ordinated locally by Partnership Development Managers, and schools will be briefed to target their most sedentary pupils for involvement in the programme.



WHAT DIFFERENCE DOES IT MAKE?

“ It’s not exactly like competition but you try to beat yourself to get more steps because normally when you wake up you don’t do activities and things but when you have your pedometer you just feel that you want to do it more and it encourages you. ”

Schools on the Move participant

An evaluation of the programme has found that:

- the programme could be both challenging and enjoyable
- the programme could impact in a number of ways on the pupils and the schools.

By June 2008 over 1 billion steps were registered by young people involved in the programme.



“ The website is great. Very child friendly but not too babyish. The children engaged well with the online challenges. Overall, the children looked forward to accessing the website each time they entered their steps. ”

Teacher delivering Schools on the Move

HOW TO GET INVOLVED

Those interested in delivering the project who have not been targeted can purchase Schools on the Move Participation Packs from the www.youthsportdirect.org

Anyone needing further information should contact pedometer@youthsporttrust.org or visit www.schoolsonthemove.co.uk

Schools on the Move

Pedometers in Schools Project



Youth Sport Trust