



**NATIONAL SCHOOL
SPORTS WEEK 2023**
PLAY FOR FUN, PLAY FOR 60

**19-25
JUNE**

Parents and carers resource

#PledgeToPlay

to keep young people active for 60 minutes a day, for the UK's biggest annual celebration of PE, play and sport.

Powered by



Find out more:
www.youthsporttrust.org/nssw
[@YouthSportTrust](https://twitter.com/YouthSportTrust)
[#NSSW2023](https://twitter.com/YouthSportTrust) | [#PledgeToPlay](https://twitter.com/YouthSportTrust)



Thank you for pledging

National School Sports Week is back for 2023, and this year we want to make sure that all children in the UK are highly active for the Chief Medical Officers' recommended minimum time of 60 minutes a day. That's why this year, along with our campaign partner Sports Direct, we're asking you to **'play for fun, play for 60'**!

By taking the **#PledgeToPlay**, you are joining families, schools, and organisations across the UK in supporting children to reach the minimum amount of 60 active minutes a day, which can have a positive impact on their physical and mental health.

You can find everything you need within this resource pack to plan, participate, and promote 60 active minutes for your child. Thank you for your support!

Learn more about the recommended physical activity guidelines for children and young people aged 5 to 18 to keep them healthy [here](#).




Why is 60 active minutes important?



*Chief Medical Officers' recommendation



Only **43%** of parents 

are aware that children should be **active for 60 minutes or more a day**


Only **35%** of teachers 

are aware that children should be **active for 60 minutes or more a day**

(YouGov Plc. Total sample size was 2,310 adults. Fieldwork was undertaken between 23-24 March 2023. The survey was carried out online. The figures have been weighted and are representative of all GB adults (aged 18+). Filter applied: parents of children aged 18 and under (566 sample))

Only **47%** of children 

are **active** for the Chief Medical Officer's recommended **60 minutes a day**

2.2 million 

children are active for **less than 30 minutes a day**

(Sport England Active Lives CYP 2022)

Why is 60 active minutes important?



Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week.

UK Chief Medical Officers

A young person who is physically active and plays sport on a regular basis will have better...



Physical health

- > Cardiovascular fitness
- > Healthy weight
- > Strength
- > Co-ordination
- > Energy levels



Mental health

- > Happiness
- > Resilience
- > Equipped to tackle anxiety and stress
- > Improved mood through release of 'feel good' endorphins



Social wellbeing

- > Less lonely
- > More trusting
- > Improved communication and teamwork skills



Brain function

Evidence shows **being physically active** impacts on progress and achievement. It **improves the brain** by stimulating growth in the part responsible for **learning** and **memory**. Young people's **ability to concentrate** also improves after physical activity

One of the most important things young people should develop through daily physical activity, PE, play, and sport is physical literacy – the essential skills and knowledge that enable them to move, think, feel, and connect with others through movement and physical activity, finding enjoyment and lifelong value.



Watch the Power of an Active School video [here](#).



You can listen to our recent podcast with Dr William Bird [here](#).

Weekly planner

Welcome to the National School Sports Week wall planner!

As a parent or carer, you play an important role in helping your child stay active and healthy. Did you know that the government recommends children get at least 60 minutes of physical activity per day, with 30 minutes taking place at school and the other 30 outside of school? These minutes can be spread out over the week, but it's important to ensure that children get 420 active minutes a week.

To help your child stay on track, we've created a wall planner that can be used both at school and at home. The planner is designed to be led by your child and encourages them to challenge their activity level throughout the day, with support from teachers and parents. You can download and print the planner at home or check with your child's school to see if they can provide a printed copy.

Together, we can make sure that children are getting the physical activity they need to stay healthy and happy. Download the planner and let's get moving!

Download the planner and let's work together to play for fun and play for 60!

SPORTS DIRECT

NATIONAL SCHOOL SPORTS WEEK 2023

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Encourage your teachers to make all lessons active!

Set a **daily step count** goal!

Walk, cycle or scoot to and from school!

Work as a team with class mates!

Fuel your body!

It's more fun with others!

Be creative and have fun!

Weekly planner

	Before school	Morning lessons	Lunch time	Afternoon lessons	After school	After dinner	How do you feel? Total minutes
Example	Bike 2 School 10	Active Mats 10	Tram trail 15	Pool moving icon Active art 5	Football 10	Skipping 10	Happy! 60
Mon							
Tues							
Weds							
Thurs							
Fri							
Sat							
Sun							
Total							

Share your progress and inspire others to do 60 active minutes #NSSW2023 #PledgeToPlay

Remember: You're aiming for **30 minutes during the school day** and **30 minutes outside of school**, **Averaging 420 minutes per week!**

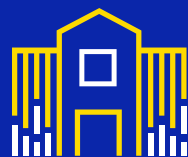
For young disabled people, the Chief Medical Officers' recommendation is for 20 minutes of physical activity every day and strength and balance activity three times a week.

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Find out more:
www.youthsporttrust.org/nssw
[@YouthSportTrust](https://twitter.com/YouthSportTrust) | [#NSSW2023](https://hashtage.com/#NSSW2023) | [#PledgeToPlay](https://hashtage.com/#PledgeToPlay)

Weekly planner – making the most of your day

 **30**
at school



 **30**
at home



Make the most of your day

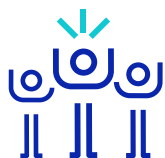
Try and get as close as you can to achieving 60 active minutes. This is important for maintaining good health. Look to build activity into your day. We know that if you 'play for 60' but spend the rest of your day sitting down you may lose many of the benefits of that active time.

Every step counts

You will have some days that are full of movement, and some days that are not so try and plan for how you make small changes to moving, sitting and resting over the week. Small changes from sitting to moving are just as important.

Move more, sit less, rest well!

Even if you don't achieve 60 active minutes every day, remember to:



Stand up and move more during your day.



Balance your time spent online with other activities, including spending time with others.



Take the time to rest, including looking after your sleep patterns. You will find this increases your energy and motivation to move!



Drink plenty of water and try and fuel your body with the right foods to move and be healthy.

What can you do at home?

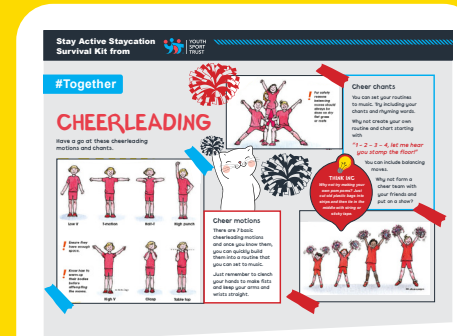
The Youth Sport Trust has developed a range of resources which are free to access and can support you to get active at home as a family. Some examples are below. You can also look around the families hub on the website for access to more support and resources to get your children moving.



Garden games



Physically active board games



Indoor activities



Family hub



[Read the Meet Eleanor: Who Loves Being Active blog.](#)



[Read the 10 free tips for keeping active blog.](#)

Family activities

Whilst there are many activities you can do at home to keep children active, it's also a great idea to explore what is happening in your local area

Make it FUN, Make it SOCIAL!

Your school may be able to signpost you to clubs and opportunities.

Your local authority website will have information on about clubs and initiatives local to you, many of which may be free to access.

You can also check out local listings on websites such as;

CLUB HUB.

Families

netmums

everyone
ACTIVE

Join the **junior parkrun** on Sunday mornings! It's a free 2k course designed for children aged 4-14, where you can walk, jog, run, or volunteer. Spend quality time outdoors with friends, family, and neighbours. With nearly 400 events across the UK, find your local junior parkrun [here](#), and [register today](#).

If you're looking for ideas to get the kids outdoors and active for 30 minutes after school, take a look at Go Wild Go West's Mini-Adventures. This series of easy, simple, and fun outdoor activities can be completed from your very own doorstep, whether in the garden, a local park or the deepest rural wilderness. The children will love creating ambushes, watching the sunset, or tracking local wildlife. If the sun is shining you may want to explore new places with a 'flip-a-coin adventure' or on rainy days, have a go at welly-wanging or racing snails...

Find a full list of adventures on the Go Wild Go West website and choose your activity. Information is provided on any items you'll need, time required and where you may want to go to complete the adventurous challenge. With so much fun to be had, the children may not even notice they're being active!

Read more [here](#).



Sports Star Friday

Are you ready to make a difference and have fun at the same time? During National School Sport Week, we're calling on families to join the campaign by getting active and fundraising for a great cause!

Support your child's love for sports and active play by donating to our Sports Star Friday! Have fun, get dressed up as your favourite sports star and get active. Be it Dance, Zumba, Tennis, Football, Yoga, Gymnastics, Skateboarding, Bouldering... Let's celebrate the opportunities for children to reach their daily 60 minutes of active play, the possibilities are endless!

Why not speak to your children's school and encourage them to hold a Sports Star Friday?

If families are able, a small donation to support the Youth Sport Trust's work would be greatly appreciated. We suggest a donation of 50p to £1. By choosing to donate your contributions will help us make a difference to the lives of children and young people across the UK and increase our reach to create a future where every child enjoys the life-changing benefits of play and sport.

Donate through our [JustGiving campaign page](#).



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Sports Star Friday

We're taking part in Sports Star Friday – 23 June

Support young people's love for sports and active play by taking part in Sports Star Friday! Have fun, get dressed up as your favourite sports star and get active.

Donate through the Youth Sport Trust
JustGiving campaign page...

www.justgiving.com/campaign/NSSW2023



Find out more:
www.youthsporttrust.org/nssw
@YouthSportTrust | #NSSW2023 | #PledgeToPlay



Continue your commitment!

Get ready for an epic challenge this summer!

The Youth Sport Trust is partnering with **The Reading Agency** and public libraries for this year's **Summer Reading Challenge**: Ready, Set, Read! Children aged 4-11 are encouraged to read books (anything they like!), get moving, and collect rewards for their reading! The Challenge is all about play, sport and creativity, and it's the perfect chance to keep your mind and body active during the summer break.

It's free to join in! You can sign up at your local library or online at summerreadingchallenge.org.uk. You'll join a superstar team and their marvellous mascots as you navigate a fictional summer obstacle course brought to life with illustrations by children's illustrator Loretta Schauer.

To accompany this year's Challenge, the Youth Sport Trust has developed fun family activity cards, inspired by the Summer Reading Challenge characters, to keep you moving over the school holidays. Your local library will be bringing these activities to life, and you can also access the Challenge and activity cards online at www.summerreadingchallenge.org.uk.

Participating in the challenge gives you the opportunity to explore new reading material, develop new skills, and discover new interests.

Don't miss out on the excitement, join the challenge, and become a reading champion this summer!



Getting involved

Useful downloads – you can use the links below to download your toolkit.



The image shows a social media graphic for National School Sports Week 2023. It features the Youth Sport Trust logo, the text 'NATIONAL SCHOOL SPORTS WEEK 2023', '19-25 JUNE', and 'PLAY FOR FUN, PLAY FOR 60'. A young girl is holding a soccer ball, and the hashtag '#PledgeToPlay' is prominently displayed.

Social media graphics



The image shows a wall planner and poster for National School Sports Week 2023. It includes the Youth Sport Trust logo, the text 'NATIONAL SCHOOL SPORTS WEEK 2023', '19-25 JUNE', and 'PLAY FOR FUN, PLAY FOR 60'. Below this are six icons with corresponding text: 'Encourage your teachers to make all lessons active!', 'Set a daily step count goal!', 'Walk, cycle or jog to and from school!', 'Work as a team with class mates!', 'Fuel your body!', 'It's more fun with others!', and 'Be creative and have fun!'. A 'Weekly planner' table is also included.

Wall planner and poster

We'd love it if you shared your **#PledgeToPlay** on social media to encourage others to take part, too – be sure to tag us!

@YouthSportTrust
#NSSW2023
#PledgeToPlay
#PlayForFunPlayFor60



A bit about us



The Youth Sport Trust is a UK leading children's charity for improving young people's wellbeing through sport and play. It empowers young people and equips educators to transform lives. Founded in 1995, it works with around 20,000 schools and inspires Changemakers to build a sense of belonging. Its vision is to create a future where every child enjoys the life-changing benefits of play and sport.

Visit the YST website for ideas, tips and information www.youthsporttrust.org



Get involved

We are so grateful to all who have pledged their support to National School Sports Week 2023. Their fantastic free resources are signposted in this guide for you to use.

Find out how you can support the work of Youth Sport Trust .





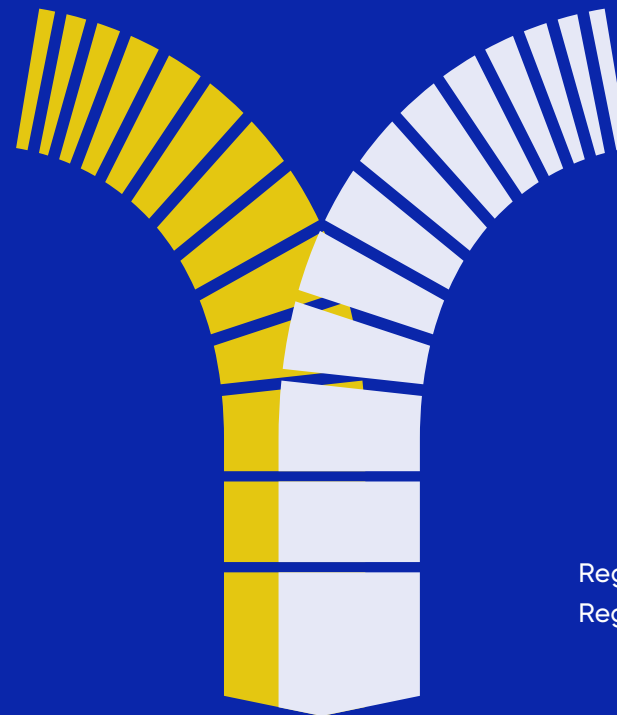
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Registered charity number **1086915**
Registered company number **4180163**