



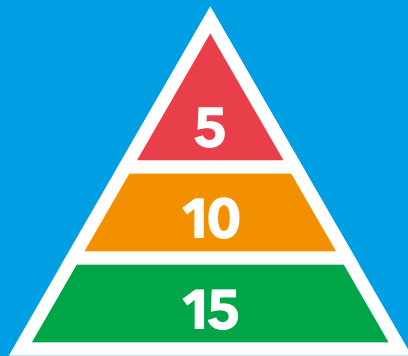
30 minutes of physical activity  
for every child, every day

[www.youthsporttrust.org/3030tri](http://www.youthsporttrust.org/3030tri)



# WHY

Being active is fundamental to the future of our children.  
**Active 30:30 Tri** is the Youth Sport Trust's approach to supporting schools  
in delivering 30 minutes of physical activity for every child, every day.



Select your 'Give Me' minutes

Integrating physical activity throughout the school day makes the 30-minute  
ambition easy to achieve. Research has shown that exercising at different  
intensities can greatly improve brain function, cognition, mood and  
physical health that all contribute to happy and successful students.

# HOW

**Active 30:30 Tri** is a resource that will help to achieve an **extra 30 minutes of physical activity** using different intensities: **light, moderate** and **high**. Spread throughout the school  
day this is planned over and above curriculum PE and extracurricular sport and competition.



15 minutes of activity  
at a light intensity  
Activities involve moving  
around and being  
physically active but very  
little change in heart rate.



10 minutes at a  
moderate intensity  
Activities involve moving  
at a faster pace whilst  
still being able to hold  
a conversation.



5 minutes at a  
high intensity  
Activities involve being  
out of breath and it  
will be a struggle to  
hold a conversation.

# WHEN

**Active 30:30 Tri** can be integrated throughout the day in three  
separate sessions. These sessions can take place **before school, during registration, lessons, lunch, breaks** or **after school**.

The activities should be **child-led** where possible and  
can be led by older children in the school.

Think about when these bursts of physical activity would work best for your  
group e.g. when they have been sat down for more than 30 minutes or  
where you are going to ask them to concentrate for an important lesson.

These **Give me 15**, **Give me 10** and **Give me 5** activities should be used as a learning  
strategy and integrated into the timetable beyond normal curriculum PE and sport.

Is there a whole  
class or whole  
school focus?

Could older  
children deliver to  
younger children?

# GET STARTED

Choose your theme (daily, weekly or termly) e.g.  
Move-it Monday, Teamwork Tuesday, Walking Wednesday,  
Thinking Thursday, Flexible Friday

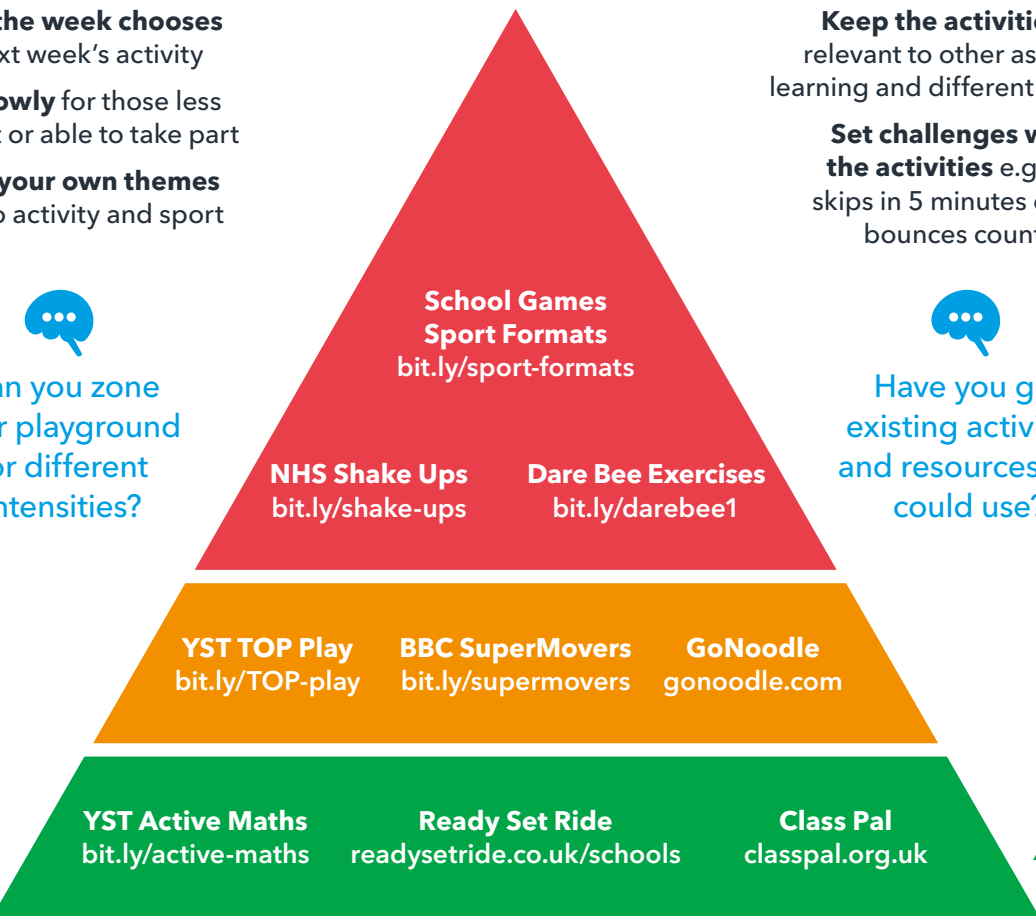


Repeat each day for a whole week (Monday – Friday)  
then, repeat each week for half a term

## TOP TIPS

Star of the week chooses  
the next week's activity  
Start slowly for those less  
confident or able to take part  
Create your own themes  
linked to activity and sport

Can you zone  
your playground  
for different  
intensities?



We have provided some links to existing resources and ideas  
to get you started with creating your 30 minute plan

# EXAMPLE WEEK

Theme	Move-it Monday	Teamwork Tuesday	Walking Wednesday	Thinking Thursday	Flexible Friday
5 Give Me	Skills circuit	One skip	Kids HITT	Hula hoop	Dance moves
10 Give Me	Go Noodle	Team skipping	Wheels circuit	Number relays	Wake 'n' shake
15 Give Me	Active Maths	Active Literacy	Playtime wheels	Active yoga	Active mile

## An example week to get you started

We have provided a blank template and a starter set of activity ideas  
that you can use to create your first week's activities.

These cards are colour coded according to intensity and duration,  
so all you have to think about is what part of the day to run them.

Make sure you keep changing the activities every few weeks or half-term  
to keep every child engaged. We will be adding new activity ideas to our  
Membership zone and we are sure that the children in your school will  
be able to invent and deliver new activities to put into your plan.

Why not personalise your termly/weekly/  
monthly theme to current school topics,  
sports events or current affairs?

Could the same activities/skills be  
light, moderate or high depending  
on how hard you work?

# YOUR WEEK

Theme	Monday	Tuesday	Wednesday	Thursday	Friday
5 Give Me					
10 Give Me					
15 Give Me					

Why not create your  
own daily themes  
and activities?

Can the children  
choose the activities  
for the class?

Could you personalise the  
activity to include children  
with different abilities?

