

# Welcome



Happier



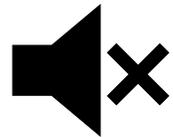
Healthier



More Active



- This session will be recorded



- Please turn your **camera on** and **mute on** (until breakout rooms)



- Type questions into the chat function

# Agenda – 3<sup>rd</sup> February 26

Schools  
Active  
Movement

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More Active

- Welcome
- Sub group updates
- Sharing best practice
  - Dr Irfan Khawaja. Ramadan
  - Bikeability Trust. Get cycling into school programme
- DfE tender update
- SAM membership
- Optional networking



## ADVOCACY

Active support from the key stakeholders.  
Selling the narrative

Schools, Politicians, Local Authority, Public Health, sports stars and personalities and most importantly young people.

# Advocacy

Town Hall event

Subgroup meeting

Communication with local MPs and stakeholders



## HEALTH & WELL-BEING

- \* National Agenda
- \* Social/Mental/Physical
- \* Data Gathering / Sharing
- \* Projects/Organisations /Initiatives (ie Wellschools)

# Health & Well Being

- The Well Check continues to land well in schools, and the partnership functionality is really useful to identify local trends in responses.
- Staff wellbeing continues to be a focus and following on from the survey Andy P conducted we are looking at multiple ways we can support schools with this growing issue.
- Last week we hosted a Staff Wellbeing webinar led by Arvra wellness. They offer bespoke school solutions to support staff well being. To find out more please visit [www.arvra.co.uk](http://www.arvra.co.uk) or contact Jessica Stephenson Clarke [jessica@arvra.co.uk](mailto:jessica@arvra.co.uk)

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## PHYSICAL EDUCATION

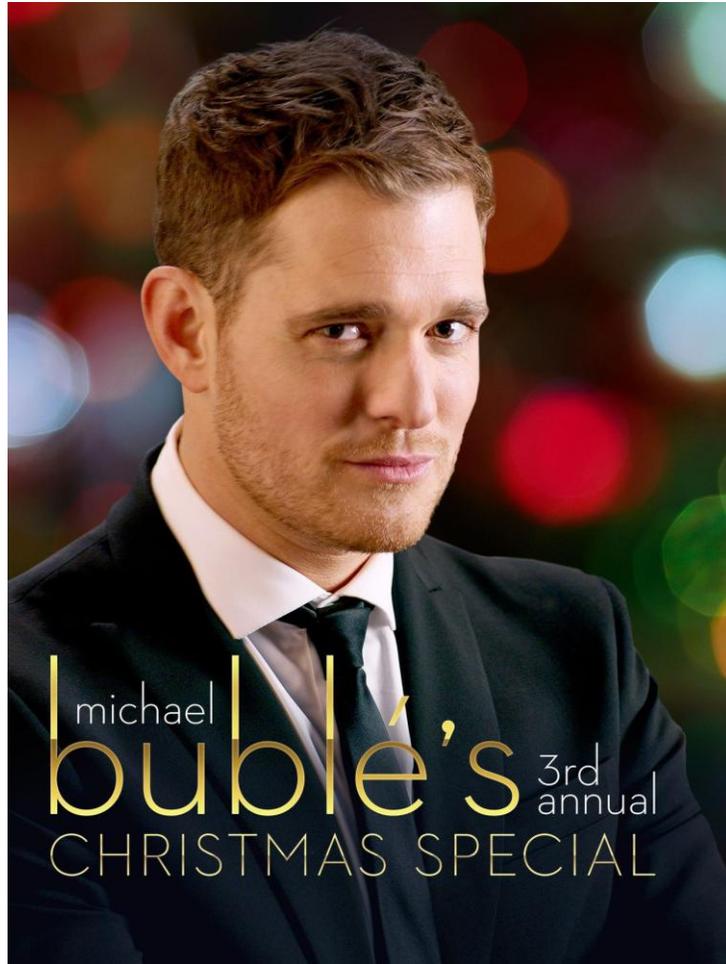
*The gateway to  
lifelong  
participation*

# Physical Education

*SAM members are integrally linked to Physical education settings, therefore SAM has a responsibility to 'connect, advocate and share' to support members in their knowledge and understanding of Physical Education.*

Next agenda

General update on the design principles of the new PE Curriculum/SEND White Paper





sky news 21 Jan 5° 4°

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## Fasting students kept on track with PE lessons ahead of Ramadan

The advice includes practical adaptations for physical activities such as lower-intensity training and focusing on technique.

 **Sadiya Chowdhury**  
News correspondent @esadiya



## New Ramadan PE guidelines launched

The new guidelines will create a more inclusive environment in

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## Ramadan PE lesson help is hailed by university



uk/news/entertainment\_and\_arts

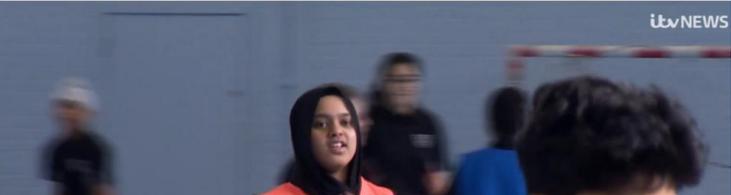
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## Ramadan: Guidance launched for students in school PE lessons who can't drink or eat while fasting

RAMADAN | SCHOOLS | SPORT | ⌚ Monday 11 March 2024 at 3:36pm

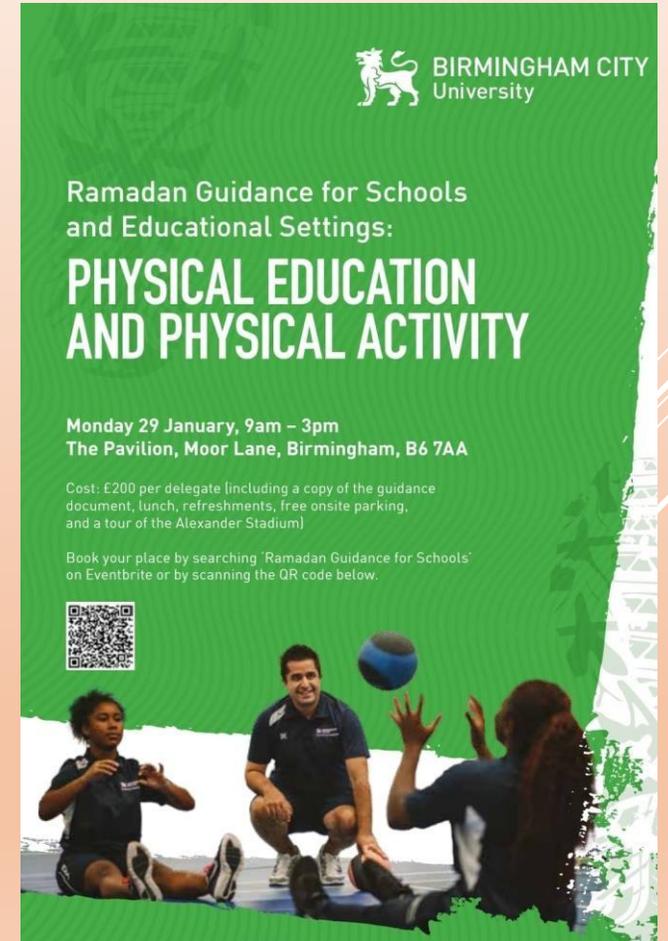
 **Raheem Rashid**  
Journalist, ITV News Central



itvNEWS

# INFORMED BY 'REAL-LIFE EXAMPLES'

1. Ramadan – Getting to Grips!
2. What does/does not break the fast?
3. Guidelines for schools and educational settings:
  - a. Supporting the fasting student
  - b. Supporting the fasting teacher
4. Misconceptions concerning physical activity during Ramadan



**BIRMINGHAM CITY University**

Ramadan Guidance for Schools and Educational Settings:  
**PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

Monday 29 January, 9am – 3pm  
The Pavilion, Moor Lane, Birmingham, B6 7AA

Cost: £200 per delegate (including a copy of the guidance document, lunch, refreshments, free onsite parking, and a tour of the Alexander Stadium)

Book your place by searching 'Ramadan Guidance for Schools' on Eventbrite or by scanning the QR code below.



► Dr Irfan Khawaja

# 1. RAMADAN – GETTING TO GRIPS!

- The word Ramadan means ‘the hot month’ in Arabic and is the ninth month of the Islamic calendar (Gnojewski, 2004).
- Ramadan is a month-long (29-30 days) Islamic celebration of fasting and prayer in honour of Allah, which is God in Arabic, and follows the lunar calendar (Gnojewski, 2004, Ferguson, 2021).
- Throughout this holy month, Muslims gather with their families and communities, and fast from dawn to sunset and recite the Quran (Ferguson, 2021).



Dr Irfan Khawaja

# 1. RAMADAN – GETTING TO GRIPS!

- However, dispensation from fasting during Ramadan is allowed for:
  - ✓ Young children (prepubertal),
  - ✓ Menstruation,
  - ✓ Pregnancy,
  - ✓ Breast feeding,
  - ✓ Long distance travel,
  - ✓ Those with medical conditions or
  - ✓ The elderly



(Ferguson, 2021, Rashed, 1992).

# 1. RAMADAN – GETTING TO GRIPS!



- Fasting is one of the five pillars of Islam, and a key objective of fasting is to work towards an increase in ‘taqwa’ (pronounced taah-k-wah – meaning closeness to God).
- Ramadan also encourages Muslims to engender a sense of gratitude, self-discipline, and self-improvement, at both an individual and community level, which is encouraged throughout the year.

# 1. RAMADAN – GETTING TO GRIPS!

- Fasting encourages Muslims to feel an affinity with the poor across the world who have little or no food to eat (Muslim Council of Britain, 2023).
- The breaking of fast meal (iftar) at sunset encourages families and local communities to share their meal together.

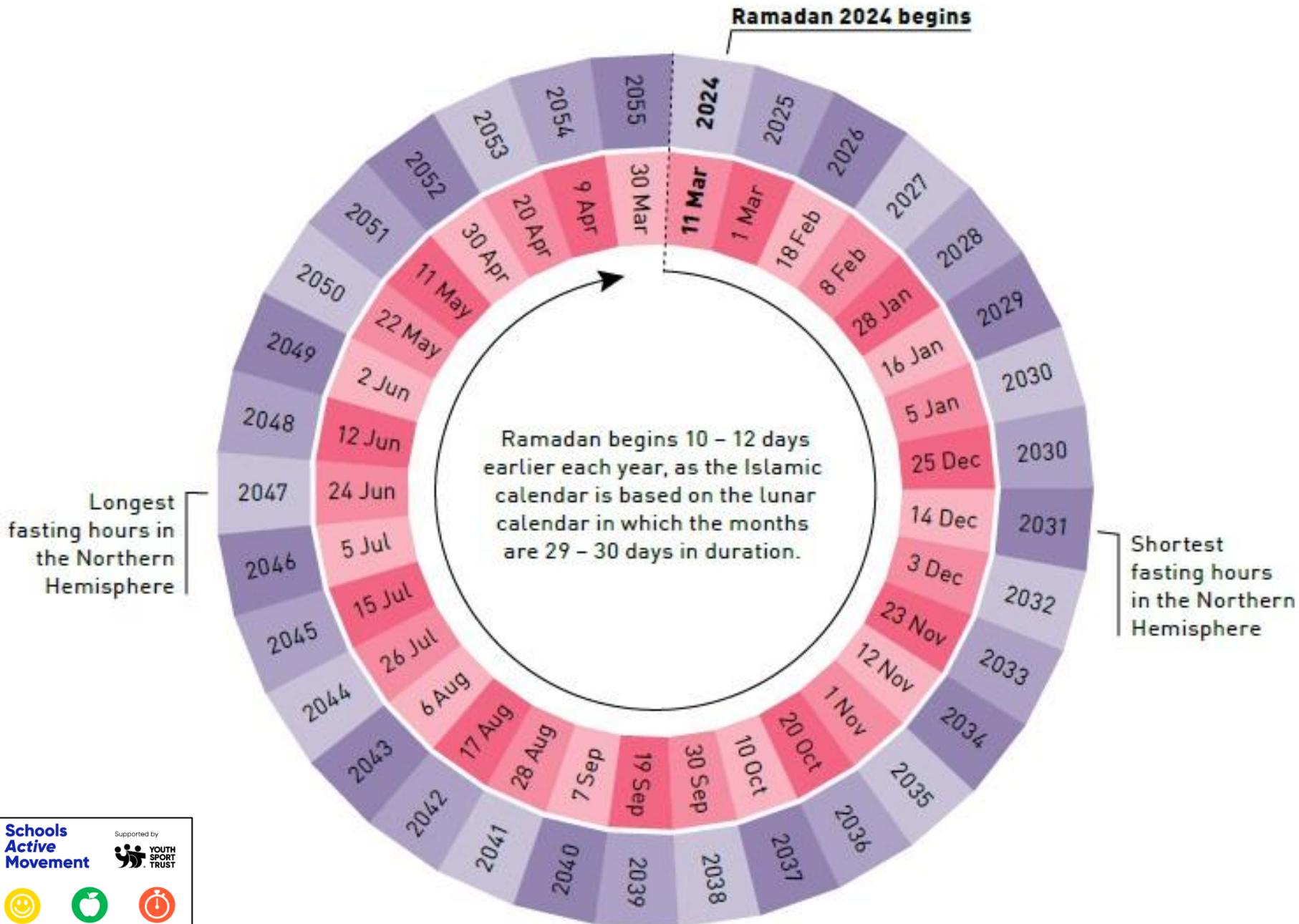


# 1. RAMADAN – GETTING TO GRIPS!



- Besides the fasting component of Ramadan, charity work in local communities typically increases, in a similar nature to the Christian observance of Lent, and Muslims increase in spiritual devotional acts such as prayer and strengthening family ties (Muslim Council of Britain, 2023).
- It is a time of reflection, and fasting throughout this holy month helps Muslims learn to be patient, grateful and reminds them to help people who are in need (Ferguson, 2021, Hasan, 2023).

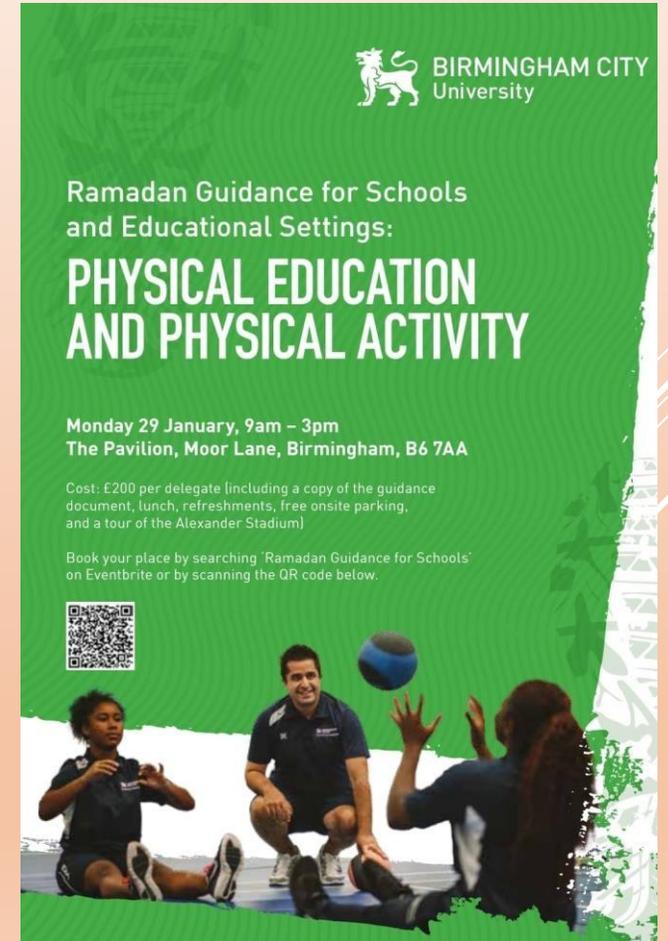
# THE 33-YEAR RAMADAN CYCLE BEGINNING 2024



It takes 33 years for the lunar month of Ramadan to circle through the solar year.

# INFORMED BY 'REAL-LIFE EXAMPLES'

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► Dr Irfan Khawaja

Ramadan Guidance for Schools  
and Educational Settings:

# PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

Position paper written by Dr Irfan Khawaja,  
Birmingham City University

In association with:

The Muslim Council of Britain  
The Association for Physical Education  
The Youth Sport Trust  
The Chartered Institute for the Management of Sport and Physical Activity

## Schools Active Movement: Creating Inclusive Spaces during Ramadan



 [www.linkedin.com/in/dr-irfan-khawaja-6418b9256](https://www.linkedin.com/in/dr-irfan-khawaja-6418b9256)

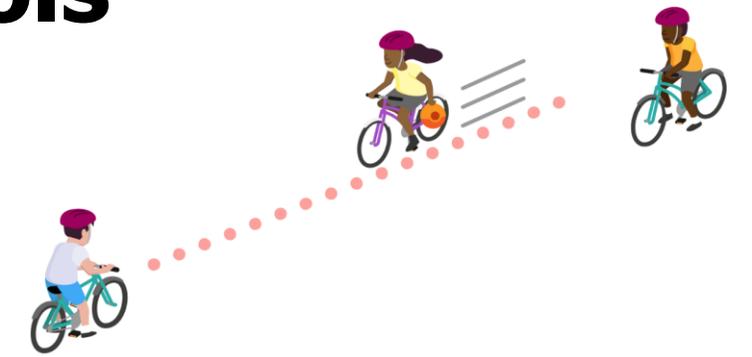
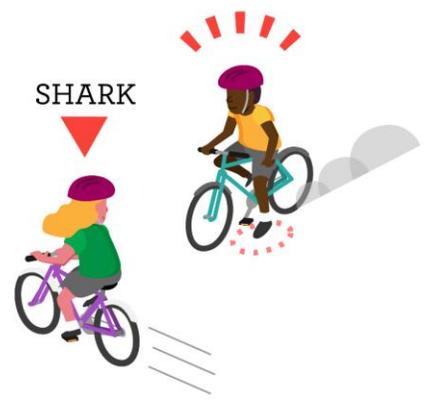
 @iffykhawaja  
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Dr Irfan Khawaja - Lead Author  
Course Leader - Masters in Public Health (MPH)  
Senior Lecturer in Public Health  
University of Wolverhampton



# The Bikeability Trust

## Get Cycling in Schools



# The Bikeability Trust

**Bikeability** is the Department for Transport and Active Travel England's flagship national cycle training programme for school children in England.

Almost 6 million children have received Bikeability cycle training since the programme's inception in 2007.

Bikeability coverage in over 70% of primary schools, 58% children leave primary having completed Bikeability.



# What is 'Get Cycling in Schools'

To give teachers the skills and confidence to deliver off-road cycle training

- Balance, Learn to Ride and Ride
- Funded by Active Travel England

## Schools receive:

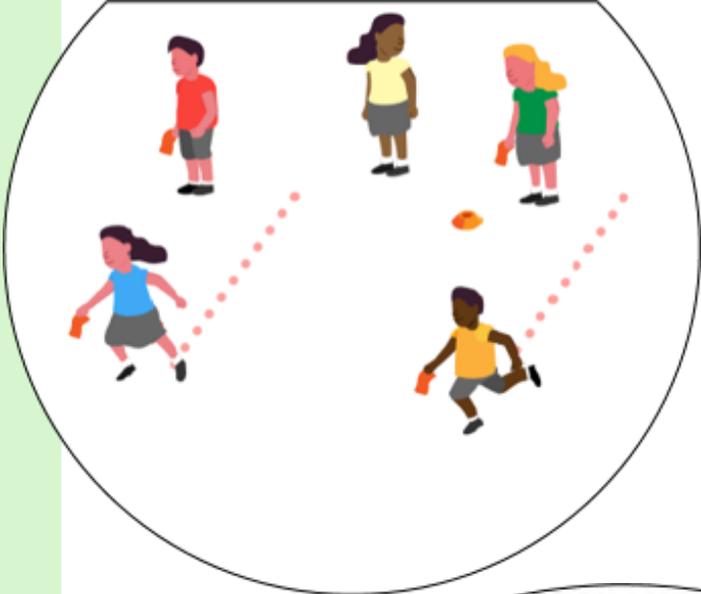
- Teacher training
  - Half day practical training
  - 60-minute eLearning module
- Resources
  - Printed activity and session plan booklet
  - Six Balance Bikes and helmets

## School commitments:

- Consistent recording of delivery data training via theTrust's recording system.
- Incorporate 'Get Cycling' into their timetable.

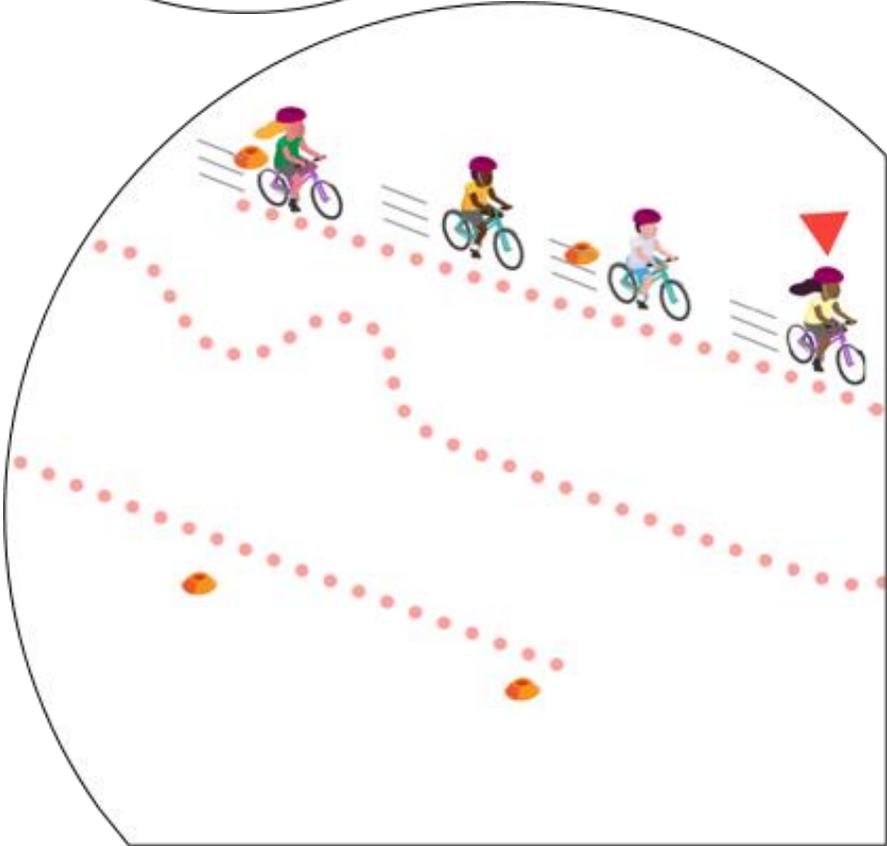


# Get Cycling in Schools in Numbers



	<b>Totals</b>
Schools Delivering (Phase 1-7)*	1400
Get Cycling Leads Trained*	2500
Local Highways Authorities	111
Children trained (2025/26 estimated figure)	62,388

\*Approx by the end of FY25/26



# Why 'Get Cycling'?

- Increases the reach of cycle training
- Embeds cycling in schools, and engages pupils from an early age
- Prepares children for on-road Bikeability training in Key Stage 2.
- Tackles barrier of cycle ownership
- Saves money – a sustainable model!



# Get Cycling and the National Curriculum

Goals		ELG: Gross Motor Skills			ELG: Fine Motor Skills			KS1			
		Negotiate space and obstacles safely, with consideration for themselves and others	Demonstrate strength, balance and coordination when playing	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases	Use a range of small tools, including scissors, paint brushes and cutlery	Begin to show accuracy and care when drawing	Extend agility, balance and coordination skills	Develop fundamental movement skills (locomotion, stability, object control)	Engage in competitive physical activities	Engage in co-operative physical activities
1	Fit helmet										
2	Cycle and clothing check										
3	Walk with the cycle										
4	Get onto the cycle										
5	Set the pedal										
6	Propel cycle										
7	Place both feet on pedals										
8	Turn both pedals										
9	Stop, using the brakes										



# Evaluation

- **More riders feel confident** after training, and their teachers and parents/carers agree.
- 93% of GCLs agreed that riders are **more motivated to use a cycle** after completing training.
- 133 GCLs stated that 95% of the riders met all or most of the balance outcomes.
- 100% of parents/carers agree that their child's **ability has improved**.
- More **riders want to continue getting better** at using a cycle after training, and 100% of parents/carers strongly agreed that **further training would increase the likelihood of their child cycling to school** in future.
- 85% of parents/carers agreed **they would cycle with their children more** after training.



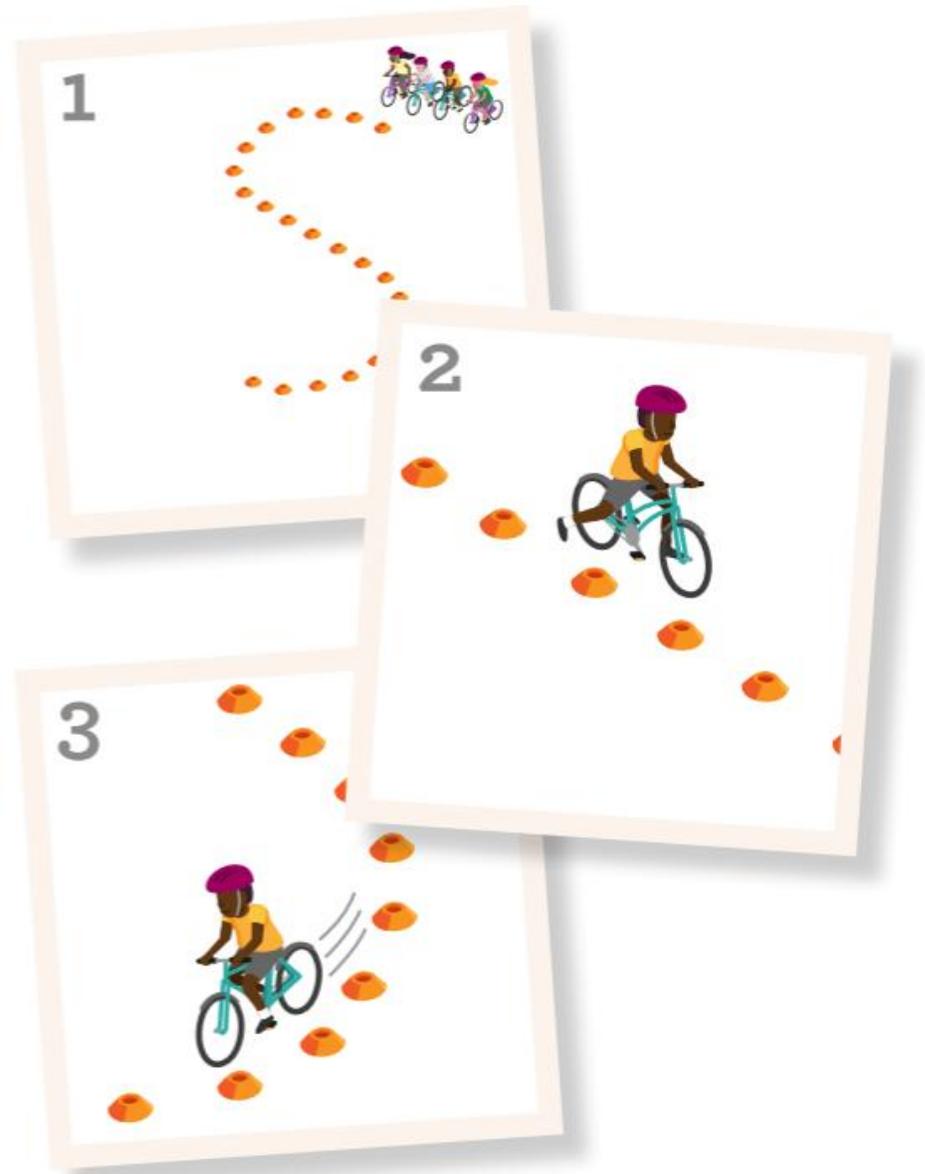
# Feedback

- 'Just wanted to let you know that a year 6 boy that could not ride a bike and was taught by XXX had the confidence to step in to Bikeability training has passed level 2 today!!'
- 'A teacher attending couldn't ride a bike, had tried for over 35 years at various points in her life. Everyone had tried to help her learn, including her husband .... whilst practicing for the course she learnt to ride!!'
- 'Your equipment has made a huge difference to our school! Every Thursday I take a group of reception children out to learn how to ride a bike (I'm so passionate about children being active and learning these new skills). Our recent OFSTED inspection commented on how great it is to see schools teaching children to ride bikes - we couldn't have done this without the supply of bikes that you have given us so thank you!!'





**Any questions?**





The  
Bikeability  
Trust

**Thank You**

**Amy Norton – Get Cycling in Schools Manager**

[amy@bikeabilitytrust.org](mailto:amy@bikeabilitytrust.org)

# Recap – government announcement

- In June, the Prime announced the introduction of new School Sports Partnerships to:
  - Build strong partnerships between schools, local clubs and NGBs
  - Identify and break down barriers for children who are less active including girls and children with SEND
  - Ensure inclusive best practice is shared and adopted widely
  - Link to a new Enrichment Framework increasing extra-curricular activities
  - Included within new school profiles

# Developments and working timelines

- **Summer** – initial conversations with the sector post-announcement
  - **September** – online market engagement event for a new PE and School Sport Partnerships Network, £15m p/a over 3(+1) years
  - **November** – confirmation of delay to proposed timeline
  - **December** – announcement of further market engagement event
- 
- **Early 26** – market engagement event and launch of tender
  - **Spring/Summer 26** – announcement of successful bid
  - **September 26** – new network begins delivery

# Youth Sport Trust activity

- **Consortium formed**
  - Alongside Active Partnerships (APNO) and Association for PE (afPE)
- **Listening activity**
  - Town Hall style events
  - Engagement with networks, NGBs, existing SSPs
  - Aligned to activity led by APNO and afPE
- **Engagement with government**
  - Encouraging clarity around future funding
  - Urging direct communication from departments

# SAM Subgroup & Board Membership

Schools  
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More Active

East and London/South East

# Membership



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Link for new members to sign up on SAM landing page:

<https://www.youthsporttrust.org/join-us/networks/schools-active-movement>



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# **CONFERENCE** **2026**

*Happy, healthy and  
thriving – A new era  
through PE, sport and play*



**Awards Evening – Tuesday 3 March**  
**Conference – Wednesday 4 March**  
Telford International Centre



**#YSTConference**

# Future Webinar dates

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**On Zoom - need to register to get the link!**

- 22<sup>nd</sup> April 10am <https://youthsporttrust.zoom.us/meeting/register/8UeuccdbRMKTH4D05wjETQ>
- 25<sup>th</sup> June 10am <https://youthsporttrust.zoom.us/meeting/register/evMpM6zfQk-FrRfbJFwxEg>

# Optional networking

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