From Ideas to Action: Update & Moving Forward

oPEn network Helen Moors
& Stoke School Sport Partnership Nigel Edwards
• oPEn - an independent Primary network of schools adding value to the PE & sport experience of Primary aged children in Stoke-on-Trent

• **Stoke School Sport Partnership** - Competitions, Leadership & Volunteering and Change4Life programme

• Working with 5-19 year olds from Stoke-on-Trent school and Academies and Colleges
Engaging children in active and health related programmes
How we found out about health literacy

• Contact with Health Literacy Officer
• Attended Skilled for Health one day course
• Involvement in Health Literacy augments the work we currently promote in schools
• Programmes; Change4Life, Fitzy Fox, Boot Camp, Run for Fun
What have we done

• Change4Life with parents using Community Health & Learning Foundation resources e.g. food labelling and food portions
• Developing Health Literacy Leaders as part of Change4Life programme using Que cards
• 3 Key Stage One stories - visits to the Doctors, Dentist & Hospital linked to Stoke Speaks Out and NHS word bank

Why it is important/relevant

• Key Stage curriculums updated in 2014; physical activity, sugar tax implications; Primary PE Premium & School Games Organisers-70% funded by Department for Health

What our projects entail

• 38 Change4Life operating for 12 to 30 weeks over 1 hour across Stoke-on-Trent Primary schools
• Promote stories through existing Fitzy Programme
• Boot Camp & CPD for staff to improve children’s fitness levels
• Use of different coloured hearts to demonstrate light, moderate & vigorous physical activity
Public Health guidelines refer to vigorous, moderate and low level intensity exercise which are difficult concepts for children to grasp.

Zoe Burrows (AT from Keele) came up with a simple way to reinforce the different intensities of exercise;

- A blue heart is not working very much – you are doing low level intensity exercise e.g. stretching

- A pink heart is working harder than normal and is getting warmer – you are doing moderate exercise e.g. playing tri-golf games

- A red heart is working hard and is very warm – you are doing vigorous exercise e.g. sprinting
What the impact has been

How we are measuring the project(s)

- Termly Change4Life case studies via City newsletter
- Boot Camp attendance & personal pupil targets
- Registers of staff completing CPD
- Run for Fun total City wide attendance
- Sports leaders confidence quotes

- The difference it has made to our customers/clients/service users
- Engagement with hard to reach and vulnerable children
- More confident leaders
- Parental engagement for activity and healthy eating: Change4Life,
- Fitzy, sports leaders & Run for Fun
What’s next?

- Our plans our to...
- Develop more health literacy materials for leaders and family groups
- Make the Run for Fun an annual event with a pre-event ‘get fitter’ campaign
- Signpost runners to post event events and clubs
- Sustain termly Change4Life newsletter
- Consider involvement in the Active Families programme
- Encouraging Birmingham City SGOs to get involved in Skilled for Health
- Develop an Active Schools Policy