

# Schools on the Move

## Background

Growing concerns over childhood obesity and inactivity have raised the profile of physical activity in schools with many schools seeking to do more in this important area.

International evidence and the joint Department of Health and 'Walking the way to Health' pilot that took place in 2003/4 have demonstrated that pedometers, with support and advice, are effective in motivating a broad range of people to walk significantly more and to build greater activity into their daily lives.

There is currently a high level of interest in the use of pedometers in schools and clearly, if effectively managed and positioned, the education environment provides a good opportunity to influence activity patterns from an early age. The Department of Health's publication 'Delivering Choosing Health' outlines a number of action plans designed to help children make healthier choices including piloting the use of pedometers in schools.

## What is the Schools on the Move project?

This project is a national pilot project which seeks to implement this action plan by developing a national pedometer project in schools delivered through School Sport Partnerships. Aimed at KS2 and KS3 pupils the project will develop resource materials for schools, teachers and young people to help integrate pedometers into the life of the school.

The project is jointly funded by the Department of Health (DH) and the Department for Education and Skills (DfES) and managed by the Youth Sport Trust.

## Project Objectives

- 1) To increase levels of activity, particularly walking, undertaken by young people with a particular focus on those most sedentary
- 2) To raise awareness, with teachers and young people, about the role of physical activity in maintaining health and well being
- 3) To demonstrate how areas of school life outside of the PESS area can play a positive part in encouraging young people to be more active
- 4) To increase the profile given to physical activity in schools and to enhance the health promotion work undertaken by schools

## Further Information

For further information about the project please contact Hannah Sharpe, Project Manager on 01509 226622 or email [hannah.sharpe@youthsporttrust.org](mailto:hannah.sharpe@youthsporttrust.org)