

# Whole School Approach

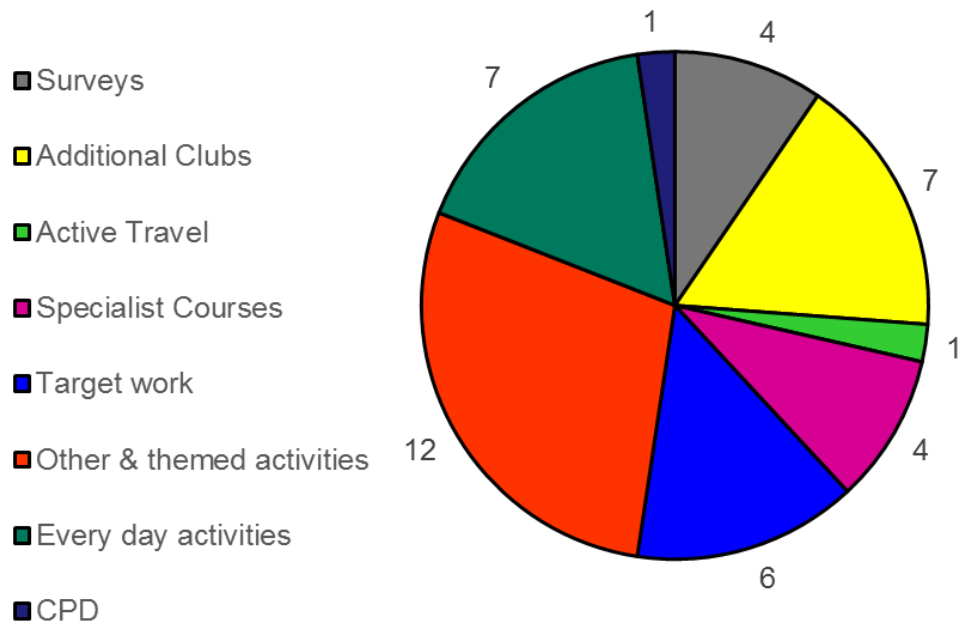
Increasing number of young people engaging regularly in Physical Activity and the impact this has to Physical, Emotional and Mental Health & Wellbeing

Next steps...



# Physical Activity activities and support

School representatives attending group held on 22nd November 2017  
*what is already happening?*



## Key points:

- Wide range of provision
- Gap in CPD
- Potential to expand on encouraging Active Travel
- Potential to share & learn about lots of other activity ideas



# Further activities and support

School representatives attending group held on 22nd November 2017  
*what would you like more of or to do?*

## Partnerships & Engagement

- Sharing of good practice
- Everyone working together
- Engaging parents
- Clearer mapping of other services
- Network for parent & family workers
- CAMHs
- Conferences for everyone to attend

## Support & CPD

- More knowledge
- Staff encouragement to be active & deliver sessions
- Appreciated wellbeing leaders & teams
- More allocated time
- Inspirational speakers and professionals available for promoting active sessions
- More role models
- Funding for equipment
- Young people resilience and stress management training for staff
- Understanding girls unwillingness or barriers to accessing activity
- Nurture training & provision
- CBT sessions for children and young people – explore age range most appropriate
- Parent support, consultation and engagement
- Access to Forest Schools
- Sports clubs to link with the curriculum

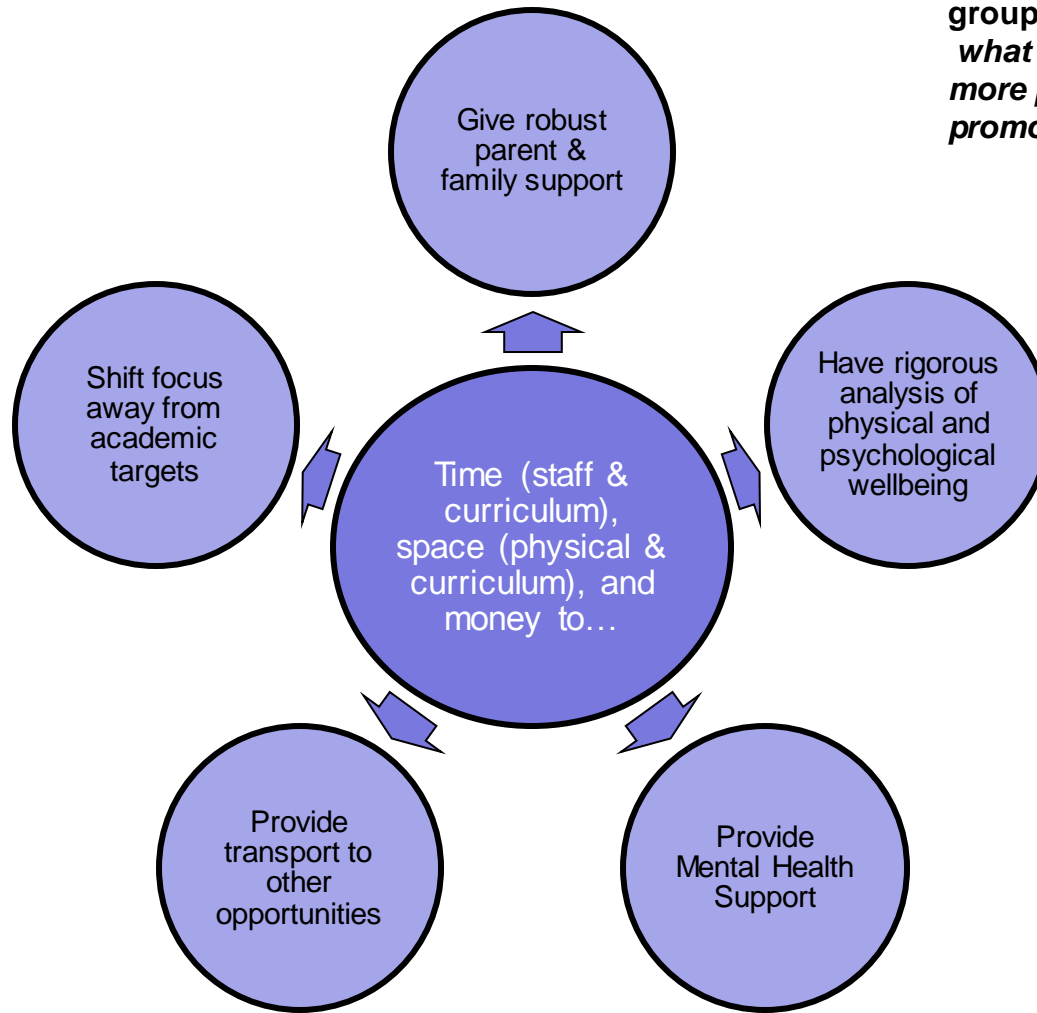
## Evaluation & Impact

- Agreed approach to measure wellbeing
- Take learning from other examples such as the EYFS key indicators
- Links to Ofsted
- Measuring and tracking to show impacts: self confidence and self awareness; managing feelings and behavior; making relationships
- Staff & student activity audits



# Barriers and Challenges

School representatives attending group held on 22nd November 2017  
*what barriers are there to offering more physical activity or challenges to promoting more physical activity?*



# Summary

- Impact evaluation on emotional wellbeing valuable and useful to promote physical activity across the curriculum
- Making physical activity fun and accessible for all ages and abilities
- Integrating methods, recognising the importance of physical activity, to build and achieve resilience across the curriculum
- Consultations with all stakeholders to identify needs within the school to promote and achieve physical activity access for all
- Staff supported to deliver physical activity across the curriculum with relevant, specialist and inspirational training (CPD) is key
- Bringing digital support to improving physical activity outcomes in most appropriate surveys, data collection and evaluations, communication to young people and families, links to other programmes, and staff training (CPD)



# January 2018 and next steps

- Collection of survey results to determine workshop focus
- Start of project and first workshops in Spring 2018
- Steering group established to take workshop developments forward

Please complete [this survey](#) to give your view on how to shape the workshops in Spring 2018

Please provide any additional thoughts outside of the survey to [Vicky Abbott, Public Health Dorset](#)

Follow direct links or use:

<https://www.surveymonkey.co.uk/r/VPFNQVR>

[v.abbott@dorsetcc.gov.uk](mailto:v.abbott@dorsetcc.gov.uk)

