

## Be Active: Summary of key activities for 2016:

The Be Active Forum will build upon the opportunities that are currently offered to children and young people in Guernsey and Alderney. It will structure and record initiatives according to the key principles for promoting physical activity amongst all young people, listed in *What Works in Schools and Colleges to Increase Physical Activity?*<sup>1</sup> This document outlines those activities, connects them to the principles and identifies the resources required to implement the activities.

The initiatives, listed under these principles, are outlined below

### 1. Deliver multi-component interventions

- Liaison with the Guernsey Island Games Association (GIGA) to establish a 5-year 'preparation package' for Guernsey schools including a focus on inclusion for the whole community
- Introduction of a Bailiwick of Guernsey Youth Health Champions Programme
- Establish guidelines for all organisations that work with children and young people to encourage increased physical activity
- A 'Being Active' Conference – Thursday 7th July to consider how we can help children and young people to lead active lives and promote their short-term and long-term physical health

### 2. Ensure a skilled workforce

- Development of partnership with the Sports Commission to extend the PE in school project to include whole-school assessments of school and staff to embed healthy lifestyles in school life
- Support early Years providers to deliver on the Early Years Quality Standard Framework (in respect of physical development)

### 3. Engage student voice

- To work with the Guernsey and Alderney Youth Forum and similar bodies to elicit the views of young people on the most effective ways to engage young people in physical activity, especially in response to the Youth Forum priority topic of addressing issues of mental health and wellbeing for young people

### 4. Create active environments

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1. Public Health England: *What Works in Schools and Colleges to Increase Physical Activity?* October 2015

- Set out guidance and good practice for the establishment of outdoor learning areas and active environments

5. Offer choice and variety.

- Pilot an outreach activity project
- Review of the arrangements for the Guernsey Schools Sports Federation
- Extend the Hub/Barnardo's mentoring programme to incorporate mentors who can actively promote physical activity

6. Embed in curriculum, teaching and learning

- Establishment of the principles of physical literacy to be incorporated into the Bailiwick of Guernsey Curriculum Framework. Physical literacy framework to include reference to 'learning outside the curriculum'/'outdoor education'

7. Promote active travel

- To establish a programme to enhance the opportunities for cycling for primary school pupils

8. Embed monitoring and evaluation

- Development of indicators to measure levels of physical activity amongst children and young people, including the three yearly Young People's Survey, the establishment of a physical activity log and a range of fitness measurement programmes
- Introduction of a revised Guernsey-based Healthy Schools Award Scheme
- Establishment of a set of activity guidelines appropriate for children and young people in Guernsey and Alderney
- Establishment of a multi-agency Being Active Forum which will meet every two months with the following purpose:

The focus of the Forum will be:

To increase the levels of activity of young people in Guernsey and Alderney by

- Overseeing an annual work plan which draws together existing and new initiatives that are undertaken to support young people in Guernsey.
- Monitoring progress of the Being Active key indicators.
- Sharing good practice and ensuring communication regarding the opportunities available to young people in Guernsey.
- Identifying areas where intervention will make the most impact
- Reducing the levels of sedentary behaviour amongst young people in Guernsey and Alderney.

