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Welcome to the Be Active Update Summer 2016

Our Be Active Forum first met at the end of March 2016 and, four months later, it's a good time to take stock and review developments.

Over the next few pages we will update colleagues on activities and it's certainly been a busy few months. The approach has been community-wide, collaborative and undertaken with minimum resources – so many thanks to all those who have assisted. Thanks to everyone for their support. And have a look at some of the work that the Commissions have been doing to make young people stay active over the summer.

Some Art on the Beach and action from recent PE in School Festivals



A closer look at what we have done:

- We established the Be Active Forum. The forum first met at the end of March and has held two subsequent meetings since then. We have also held briefing meetings for headteachers, primary and secondary PE teachers, the Arts, Youth and Sports Commissions.
- We established terms of reference.
- We produced a programme of workstreams and initiatives – see below for an update.
- We created a mailing list of 50 recipients who have received monthly updates on the work of the Forum.
- We produced the Be Active launch document that explained the rationale for a multi-agency response to making children and young people be more active and we produced our Be Active brand.
- We received extensive media coverage including our morning with a Guernsey Press photographer to see ‘activity’ in twelve schools in four hours. See the link: [4th July school visits](#)
- We created a Be Active webpage - www.gov.gg/beactive
- We have produced draft recommendations for the levels of physical activity recommended for Guernsey young people. These will be launched in January 2017. [physical activity guidelines](#)
- We have secured an early release of the Guernsey young people’s survey statistics relevant to activity levels of young people. See the attached links: [Primary Activity](#) and [secondary activity](#)
- We held a Be Active launch and Training Day on Thursday 7th July.

Be Active Launch and Training Day – Thursday 7th July

On Thursday 7th July 100+ colleagues from all sectors of the island community attended the inaugural launch and training day of the Be Active Forum. A breakfast presentation was held to introduce and outline the key issues impacting on Guernsey regarding levels of activity amongst Bailiwick children and young people. The session was followed by a series of workshops which gave attendees practical examples of how to make children and young people become more active.

The sessions included:

- **Being Inclusive through activity.** This session was led by Ron Tulley, Development officer for England Boxing who explained how Being Active is a vehicle for inclusion;
- **Learning outdoors:** D’Arcy Brimson, the Education Services Outdoor Education Advisor showed how we can use the environment to be active
- **Engaging and Entertaining:** Ollie Dowding and Kerri Brown from the Guernsey Sports Commission gave practical examples of how to make activity fun
- **Being Active from birth.** Ruth Sharp, Education Development Officer with responsibility for Early Years, showed how to make children be more active in their early years.

The afternoon session considered how best to identify and address the challenges surrounding making young people more active. It was recognised that the issue is complex and has to be addressed by all sectors of the community. However key points included the following:

- Communication with parents on a regular basis key to ensure they are aware and educated about issues associated with being active and made aware of their influence
- Integrate the use of technology to encourage participation in physical activity
- Prioritise physical activity and exercise within schools
- Redefine the importance of mental health and balance and wellbeing and the impact that physical activity plays in encouraging emotional health and well being
- Continue to offer a wide range of activities as part of the curriculum
- Continue to ?? and expand cross-curricular links
- Increased partnerships between PE teachers and the Sports Commission

Over the coming months we will review the recommendations and consider how we can incorporate them into future plans.

Football and Rugby from 'On Your Marks'



National and international developments

Physical activity and concerns about sedentary behaviour have continued to be topical news nationally and internationally. Many of the key topics have a resonance with the issues that we are considering through the Be Active forum. Below we have listed some links to key national and international documents:

Active Travel:

Policy and research, specifically from the UK Faculty of Public Health, has highlighted the importance that active travel makes in helping all sectors of the population to become active and recent statistics demonstrate the travel options for children and young people in travelling to school

[Public health - active travel](#); [UK Public Health Faculty local action to cut car use](#); [Scottish pupils travel to school](#)

Early years:

National Guidelines have been produced to support increased physical activity for children under five: [Early years guidelines](#)

The role of sport:

Sport England has produced its long awaited response to the national sports strategy [Towards an active nation - Sport England](#)

Encouraging disabled people to be more active:

The National Disability Sports Organisations have come together to launch a campaign to support families to be more active: [together we will](#)

Engaging children in increased activity levels:

The Be Active forum has focused its attention on ways to make young people, in particular, become more active. Here are some links to papers that we have circulated: [reduction in outdoors play by children](#); [Copenhagen agreement on physical activity in children](#); [Benefits of outdoor learning for children](#); [tips on getting active with your kids](#); [Washington post. why children give up on sport](#)

Monitoring and measuring levels of activity:

A particular challenge identified by the Forum has been to consider how Guernsey should monitor levels of activity. Here are some examples of the research undertaken by other communities. The scorecard approach is becoming common practice across various countries who are leaders in reducing inactivity amongst young people.

[Scotland physical activity scorecard for young people](#) ; [Taking part - Annual child report](#); [children's activity levels](#)

Be Active Workstreams

When the Be Active Forum was established it was recognised that many sectors of the community contribute to the opportunities that are made available to children and young people to be active. From schools to voluntary organisations, from clubs to families we acknowledged that a huge amount is already undertaken. However we recognised that as a Forum there were some activities that we particularly wanted to share and develop. Below is an update (in green) on workstreams

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.

The Chair of the GIGA bid, Dame Mary Perkins has produced a video which endorses the partnership between the Island Games and 'Be Active' see the attached link. [GIGA endorsement](#). Work will now begin to link Guernsey 2021 with increased activity

Introduction of a Bailiwick of Guernsey Youth Health Champions Programme

Pupils from La Mare De Carteret Secondary School have qualified as Royal Society for Public Health Youth Health Champions and will be spearheading their first campaign in the autumn 2016. The rollout of the programme will be dependent upon an evaluation of the programme in 2017

Establish guidelines for all organisations that work with children and young people to encourage increased physical activity

Discussions have been held and guidelines developed. These will be launched in January 2017

A 'Be 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 – [Conference and training day held](#)

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 ongoing

Support Early Years providers to deliver on the Early Years Quality Standard Framework (in respect of physical development) – Support ongoing

3. Engage student voice

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 children and 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 - Initial research at the Careers Show - more discussions planned with Forum in autumn term.

4. Create active environments

Set out guidance and good practice for the establishment of outdoor learning areas and active environments: Planned launch date January 2017

5. Offer choice and variety.

Review of the arrangements for the Guernsey Schools Sports Federation.

Revised arrangements in place from the academic year 2016/17

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' Curriculum framework established - Role of physical activity highlighted. Launch by Sept 2017

7. Promote active travel

Establishment of a programme to enhance the opportunities for cycling for primary school Pupils

School take-up measured and positive response. Launch planned for January 2017

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

Measurement programme commenced June 2016

Introduction of a revised Guernsey-based Healthy Schools Award Scheme

Pilot with five Guernsey Education Establishments established in June 2016

Establishment of a set of activity guidelines appropriate for children and young people in Guernsey and Alderney

Guidelines out for consultation with view to launch in autumn 2016

Establishment of a multi-agency Being Active Forum Established March 2016

Be Active Forum 2017+

Although the Forum has only recently been established it is clear that there is an appetite to work together across the community to seek to provide opportunities for all children and young people to be more active. Over the next few months the Forum will meet to discuss what it sees as priority areas for action for 2017 and 2018.

These priority areas will be built upon those workstreams that have already been identified in the 2016 programme and many will rollover to 2017. These include:

Launching Guernsey activity guidelines for all young people **January 2017**

Guidelines for organisations that work with youth on increasing activity **January 2017**

Guidelines on using outdoor provision **January 2017**

Evaluation (and potential roll-out) of the Guernsey Youth Health Champions programme **April 2017**

Development of the measurement programme commenced in 2016 **Continued Spring 2017**

Second Be Active Conference Training Event **Summer 2017**

Incorporation of physical activity in the revised Guernsey Curriculum **September 2017**

Evaluation (and potential roll-out) of the Healthy Schools Awards scheme pilots **September 2017**

Increased partnership with the Youth Forum **ongoing**

Developing the partnership with the Guernsey Island Games 2021 – **ongoing**

The Youth Commission getting physical on their summer residential in Herm



Future plans

Meetings of the Be Active Forum have resulted in useful discussions about the priority action areas to make children and young people be more active. Moving forward we would like to support developments in the following areas:

Working with Education Establishments:

Early Years; The training day demonstrated that there is a recognition of the importance of a positive experience of being active in early years settings. The Forum would like to provide expertise and guidance to staff who work with children aged 0-5 years.

Supporting Schools A consistent discussion topic has been the role that is played by schools and all education establishments in creating a habit of being active for younger people. It is recognised that there is much good practice and a desire to present inclusive, exciting and challenging programmes. The new curriculum provides an exciting opportunity to embed activity across the curriculum and to work with a range of partnerships to increase activity levels

Getting the Message Across

Having established the levels of activity that we recommend for Guernsey and Alderney children and young people, as well as seeking to reduce sedentary behaviour, the Forum has recognised that the big challenge is how we change behaviour so that the message about the benefits of being active are understood. The Forum is looking to develop a communications plan which can be delivered by all partners across the community. We have recognised that one of the key sectors of the community that need to be targeted are young people themselves and that the message is delivered in a way that they understand. Also we recognise that parents play a crucial part and often require support in ensuring that families are taking every opportunity to be active.

Targeting Particular Groups

Our discussions have identified that there are particular groups who require support to access opportunities to be active. Guernsey and Alderney are no different from other communities where children from a lower socio-economic background and those with a disability or learning difficulty require support. We also need to target older pupils at risk of dropping out of activities. There is a particular Bailiwick of Guernsey perspective here as we need to ensure that pupils in Alderney can access opportunities.

Establishing an accurate assessment of Physical Activity levels

The Forum has discovered that it is notoriously difficult to measure accurately the levels of physical activity reached by young people in Guernsey. There are very few island-wide measuring tools (the closest to an island-wide survey is the self-reporting Young People's survey 2016) and there is a clear need to draw together all the assessments and measurements that are undertaken so that we can create a Guernsey picture of levels of activity

Working Together

A positive outcome of the Forum has been the opportunity for a wide variety of organisations to work in partnership and to share their experiences. It is very clear that there is a desire to communicate more effectively to ensure that colleagues are aware of the variety and quality of work being undertaken. The Forum is well-placed to dispense and share information. We are committed to a second annual training day in July 2017 and discussions are under way for a programme of activities to be delivered under the Be Active initiative in May half term 2017.



Levels 1 and 2 Bikeability to be introduced in local schools

One of the workstreams identified within the Be Active initiative was the establishment of a Bikeability programme for schools. We are pleased to announce that Traffic and Highway Services has agreed with the Guernsey Sports Commission to expand its well-established 'PE in Schools' programme to provide Bikeability training in Guernsey primary schools in the future. The current cycling proficiency scheme has been established in Guernsey primary schools for several years and sees hundreds of local school children undertaking basic (level 1) cycle training every year.

Cycling Proficiency training has been successfully implemented by a single Police Officer on a part time basis, with training courses fitting in and around policing duties as and when schedules permit. While this part time work has been very good in the past, the States agreed more needed to be done if we were to see a greater up-take in cycling and that it was important to embed a cultural shift from a young age.

An advertisement has been placed to appoint two part-time development officers. Let's leave the final word for David Harry from the Guernsey Sports Commission:

"It's great news that we are able to support this initiative. Bikeability Levels one and two will be taught in local schools, these are all about gaining practical skills and understanding how to cycle on today's roads. This will help give everyone the skills and confidence for all types of cycling. Looking forward we will also be hoping to introduce Bikeability for adults so they too can learn or brush up on the key skills required when cycling."

Contact Details

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Our targets

In all discussions and actions our minds have been concentrated by the key performance indicators set by the Children and Young People's plan and the Healthy Weight Strategy. The key indicators are:

What we will do	By When	Success Criteria
Support the introduction of the Healthy Weight Strategy to tackle childhood obesity	2020	Reduction in childhood obesity
Increase the percentages of boys and girls in year 6 who meet the relevant physical activity guidelines	2023	More boys and girls in year 6 will meet the relevant physical activity guidelines than in 2016
Increase the percentages of boys and girls in year 10 who meet the relevant physical activity guidelines	2023	More boys and girls in year 10 will meet the relevant physical activity guidelines than in 2016
Work with young people to improve the access to and range on inclusive cultural, social and physical activities, particularly in the winter months	2016 -2018	Young people report that they have more places to go and things to do particularly in the winter months/A greater number of children and young people access and participate in a wider range of activities, such as the arts, sports and other social experiences