



Active Learning Newsletter- January 2024

Here at Longhill, we are always trying to make all children feel safe happy and healthy. Healthy lifestyles for children can impact on children's learning, social/mental health and emotional wellbeing. It is recommended by the Government, that children should do at least 60 minutes of physical activity **every day**. Active children are more effective learners with evidence showing that more time spent sitting down learning have a detrimental impact on effective learning behaviours.

What can we do here at Longhill to impact on 60 minutes physical activity?

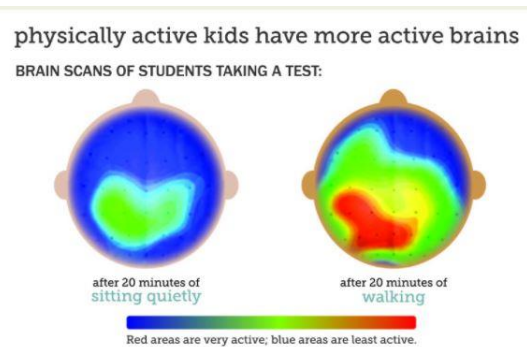
All staff have recently taken part in staff development on active learning led by Hull Active Schools and as a staff we see the opportunity for children to be active as a priority for their learning health. We have prioritised the delivery of 60 active minutes for every child every day to support improvements in their physical literacy, social, emotional and physical wellbeing.

The impact on physical activity on the body






- Builds confidence and social skills
- Develops Co-ordination
- Improves concentration and learning
- Strengthens muscles
- Improves health and fitness
- Maintains healthy weight
- Improves sleep
- Makes you feel good

Staff at the school are adapting their lessons to incorporate more active activities whilst in the classroom. Also, sport ambassadors and staff at lunchtimes are promoting games for children to participate in more physical activities before and after lunch.

It has been noted that a more active school environment can directly lead to better behaviour and improved results, and also create children who are healthier and happier and are more engaged. Being active before, during and after lessons can have a positive effect on concentration, cognition and engagement in learning as well as the health benefits that come with moving throughout the school day.



Physical activity for children and young people (5 – 18 Years)







 BUILDS CONFIDENCE & SOCIAL SKILLS	 STRENGTHENS MUSCLES & BONES	 MAINTAINS HEALTHY WEIGHT
 DEVELOPS CO-ORDINATION	 STRENGTHENS MUSCLES & BONES	 IMPROVES SLEEP
 IMPROVES CONCENTRATION & LEARNING	 IMPROVES HEALTH & FITNESS	 MAKES YOU FEEL GOOD

Be physically active


Spread activity throughout the day

Aim for at least 60 minutes everyday

All activities should make you breathe faster & feel warmer

 PLAY	 RUN/WALK	 BIKE	 ACTIVE TRAVEL
 SWIM	 SKATE	 SPORT	 PE
 SKIP	 CLIMB	 WORKOUT	 DANCE

Include muscle and bone strengthening activities 3 TIMES PER WEEK

Sit less	 LOUNGING	Move more
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Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active:** www.bit.ly/startactive

Every week on the newsletter, there will be an activity that you can do at home to contribute to the 60 minutes of being active. Please share your child completing this activity on their Seesaw account.

This week's physically active activity:

Go for a walk/bike/scooter in your local area for 30 minutes. Can you find any interesting buildings? Take a picture of what you see.