



ACTIVE SCHOOLS

2024/25

PROGRAMME HANDBOOK





What is Active Schools?

Active Schools is a Public Health funded initiative that is designed to equip children across Sefton with the knowledge they need to lead a healthy and active lifestyle. The programme is operated and delivered by the Active Schools team that sit within Active Sefton, which is a part of Sefton Council.

Why should my school engage with Active Schools?

The Active Schools programme is carefully constructed to deliver essential knowledge to children in a fun and engaging way. There are many links with the National Curriculum, particularly in Science, PSHE and D&T. As well as this, children will benefit from developing their knowledge and understanding of how they can lead a healthy and active lifestyle, leading to a reduction in childhood obesity and improved outcomes later in life.

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Active Schools Programmes

Heathy Habits Workshops

These workshops are designed to introduce children to the Eatwell Guide, different food groups and the benefits of healthy eating and heathy living.

All sessions are interactive, covering a variety of topics from the Eatwell Guide, physical activity and mental wellbeing, to sugar, fats, food labels and how we can look after our teeth.

Reception - 1 session (Smoothie Workshop 1)

Year 1 - 2 sessions (Smoothie Workshop 2, Looking after our teeth)

Year 2 - 1 session (Smoothie Workshop 3)

Year 3 - 4 sessions (Eatwell Guide, Sugars, Fats & Physical Activity)

Year 4 - 4 sessions (Portions, Sugars, Fats & Physical Activity)

Year 5 - 2 sessions (Processed vs Unprocessed foods & Sleep)

Year 6 - 2 sessions (Healthy minds and the impact of diet and exercise)

There are many links between our session content and the Science, PE, and D&T National Curriculum!

KS2 Yoga

Up to 4 sessions of 40-minute yoga routines, including breathwork and relaxation. Great to promote physical activity and mental wellbeing. They are fantastic for increasing children's focus and concentration.

Yoga for Schools is an exciting and innovative programme that enhances pupils' health and wellbeing by combining the practical aspects of yoga with the relevant health facts about how the body works.

Play Leaders Training

An hour long session with up to 10 pupils at time to train upper KS2 pupils to become play leaders. We will develop their knowledge and skills in order for them to lead sports and games at breaktimes. This has been an extremely effective way to support behaviour management and provide structure during breaktimes.

Heathy Habits Reception

Delivery: 1 x 45 minute session

Development Matters:

- Narrate your own decisions about healthy foods, highlighting the importance of eating plenty of fruits and vegetables.

NC Links:

- Know and talk about the different factors that support their overall health and wellbeing:
 - healthy eating

Key Vocabulary:

fruit, vegetable, healthy, unhealthy, food, meat, fish, protein, eggs, milk, dairy, vitamins, minerals, smoothie

Resources:

Provided by Active Sefton:

- PowerPoint presentations
- Blender
- Cups
- Fruit & fruit juices

Provided by school:

- Interactive Whiteboard/TV/ screen
- Table at the front of the room near a plug socket.

Session Breakdown

Session 1: Healthy Eating

Children will learn which foods are part of a healthy diet and which foods are unhealthy and should be eaten less often. Children learn about eating 5 portions of fruit and vegetables each day and why this is important for our bodies. Children will take part in smoothie tasting, made fresh during the session.



Heathy Habits Year 1

Delivery: 1 x 45 minute session

Science:

- Identify and name different sources of food

PSHE:

Pupils should know:

- NC Links:**
- What constitutes a healthy diet
 - The principles of planning and preparing a range of healthy meals
 - The characteristics of a poor diet and risks associated with unhealthy eating

D&T:

- Understand and apply the principles of nutrition

**Key
Vocabulary:**

fruit, vegetable, healthy, unhealthy, Eatwell Guide, carbohydrates, oils, spreads, fats, dairy, protein, meat, fish, protein, eggs, milk, vitamins, minerals, smoothie

Resources:

Provided by Active Sefton:

- PowerPoint presentations
- Blender
- Cups
- Fruit & fruit juices

Provided by school:

- Interactive Whiteboard/TV/ screen
- Table at the front of the room near a plug socket.

Session Breakdown

Session 1: The Eatwell Guide

Children will learn which foods are part of a healthy, balanced diet through exploring the food groups within the Eatwell Guide. Children will explore why these food groups are important for our bodies and begin to explore how much of each food group we need to stay healthy. Children will take part in smoothie tasting, made fresh during the session.





NEW!

Looking after our teeth Year 1

Delivery: 1 x 45 minute session

PSHE:

Pupils should know:

NC Links:

- About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist
- The characteristics of a poor diet and risks associated with unhealthy eating

Key Vocabulary:

healthy, unhealthy, dairy, milk, dairy, minerals, toothbrush, toothpaste, dentist, brushing, clean

Resources:

Provided by Active Sefton:

- PowerPoint presentations
- Physical resources
- Free Toothbrush and toothpaste sample for each child

Provided by school:

- Interactive Whiteboard/TV/ screen

Session Breakdown

Session 1: Looking after our teeth

Children will learn about their teeth and how they will only have a set of Primary teeth (otherwise know as bay or milk teeth) and Permanent teeth (otherwise known as adult teeth) They will explore the effect that different foods, sugars in particular, can have on their teeth. They will then learn how to look after their teeth and when they should be brushing them every day. Children will be provided with a free toothbrush and toothpaste sample to take home.



Heathy Habits

Year 2

Delivery: 1 x 45 minute session

Science:

- Find out about and describe the basic needs of animals, including humans, for survival.
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

PSHE:

NC Links: Pupils should know:

- What constitutes a healthy diet
- The principles of planning and preparing a range of healthy meals
- The characteristics of a poor diet and risks associated with unhealthy eating

D&T:

- Understand and apply the principles of nutrition

Key Vocabulary:

fruit, vegetable, healthy, unhealthy, Eatwell Guide, carbohydrates, oils, spreads, fats, dairy, protein, meat, fish, protein, eggs, milk, dairy, vitamins, minerals, smoothie, vision, memory, heart, blood pressure.

Resources:

Provided by Active Sefton:

- PowerPoint presentations
- Blender
- Cups
- Fruit & fruit juices

Provided by school:

- Interactive Whiteboard/TV/screen
- Table at the front of the room near a plug socket.

Session Breakdown

Session 1: How can I be Healthy?

Children will explore what they can do to keep their bodies healthy including diet, exercise sleep and self care. They will explore in more depth the Eatwell Guide and how this helps us to have a balanced diet. Children will explore why these food groups are important for our bodies and begin to explore how much of each food group we need to stay healthy. Children will take part in smoothie tasting, made fresh during the session.



Heathy Habits

Year 3

Delivery: 4 x 1 hour sessions, delivered over 4 weeks

Science:

- Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- Identify that humans and some other animals have skeletons and muscles for support, protection and movement

PSHE:

Pupils should know:

NC Links:

- What constitutes a healthy diet
- The principles of planning and preparing a range of healthy meals
- The characteristics of a poor diet and risks associated with unhealthy eating
- The characteristics and mental and physical benefits of an active lifestyle
- The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise

D&T:

- Understand and apply the principles of nutrition
- Understand and apply the principles of a healthy and varied diet

Key Vocabulary: fruit, vegetable, healthy, unhealthy, Eatwell Guide, carbohydrates, oils, spreads, dairy, protein, meat, fish, protein, eggs, milk, dairy, vitamins, minerals, sugars, saturated fats, unsaturated fats

Resources: Provided by Active Sefton:

- PowerPoint presentations and all physical resources

 Provided by school:

- Interactive Whiteboard/TV/screen

Session Breakdown

Session 1: The Eatwell guide

Children will use the Eatwell Guide, the food groups contained within and how this supports us to have a balanced diet. Children will explore the functions of these food groups for our bodies and begin to think of what is necessary for a balanced diet.

Session 2: Sugars

Children will begin to explore what sugar is and where it comes from in our diet. They will learn the effect that sugar can have on our bodies (weight gain) and teeth (tooth decay). They will take part in an activity to demonstrate the amounts of sugar in a variety of popular drinks.

Session 3: Fats

Children will explore what saturated and unsaturated fats are and their sources within our diets. They will learn about the role fats play in our diet and what happens if we eat too much fat. Children will examine ways in which we can reduce the amount of fats we consume including utilising healthier cooking methods.

Session 4: Exercise

Children will explore the role that exercise plays in keeping our bodies and minds healthy. They will delve into the physical benefits for their muscles bones and cardiovascular system as well as mental benefits such as feeling good and improving concentration.



Heathy Habits

Year 4

Delivery:

4 x 1 hour sessions, delivered over 4 weeks

Science:

- Identify the different types of teeth in humans and their simple functions

PSHE:

Pupils should know:

- What constitutes a healthy diet
- The principles of planning and preparing a range of healthy meals
- The characteristics of a poor diet and risks associated with unhealthy eating
- About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist
- The characteristics and mental and physical benefits of an active lifestyle
- The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise
- The risks associated with an inactive lifestyle

NC Links:

D&T:

- Understand and apply the principles of nutrition
- Understand and apply the principles of a healthy and varied diet

Key Vocabulary:

fruit, vegetable, healthy, unhealthy, Eatwell Guide, carbohydrates, oils, spreads, dairy, protein, meat, fish, protein, eggs, milk, dairy, vitamins, minerals, sugars, saturated fats, unsaturated fats, portions, active, exercise, sedentary, teeth, dentist, hygiene.

Provided by Active Sefton:

Provided by school:

Resources:

- PowerPoint presentations and all physical resources
- Free toothbrush and toothpaste for each child
- Interactive Whiteboard/TV/screen

Session Breakdown

Session 1: Portion Size

Children will revisit the Eatwell Guide, the food groups contained within and how this supports us to have a balanced diet. Children will then explore portion size and how this can be applied to their own diet.

Session 2: Sugars & Our Teeth

Children will develop their knowledge of different types of sugars and where it comes from in our diet. They will learn the effect that sugar can have on our bodies (weight gain) and teeth (tooth decay). They will take part in an activity to demonstrate the amounts of sugar in a variety of popular foods. Children will further explore the effect of sugar on their teeth and how they can look after their teeth by regularly brushing and visiting a dentist. They will be provided with a free toothbrush and toothpaste sample, learning how to correctly brush their teeth.

Session 3: Fats

Children revisit what saturated and unsaturated fats are and their sources within our diets. They will learn about the role fats play in our diet and what happens if we eat too much fat. Children will examine ways in which we can reduce the amount of fats we consume including utilising healthier cooking methods. Children will examine a range of foods and learn which contain the most fat using this to inform healthy food choices.

Session 4: Physical Activity VS Sedentary Behaviour

Children will explore positive impact that exercise has on keeping our bodies and minds healthy. They will delve into the physical benefits for their muscles bones and cardiovascular system as well as mental benefits such as feeling good and improving concentration. They will identify sedentary behaviour and how this can negatively impact their health. Children will also have the opportunity to take part in a short taster session of chair Yoga.



Heathy Habits

Year 5

Delivery:

2 x 1-hour session

PSHE:

Pupils should know:

- The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn
- What constitutes a healthy diet
- The principles of planning and preparing a range of healthy meals
- The characteristics of a poor diet and risks associated with unhealthy eating

NC Links:

D&T:

- Understand and apply the principles of nutrition
- Understand and apply the principles of a healthy and varied diet

Key Vocabulary:

sleep, wellbeing, mood, concentration, memory, quality

Resources:

Provided by Active Sefton:

- PowerPoint presentations and all physical resources

Provided by school:

- Interactive Whiteboard/TV/screen

Session Breakdown

Session 1: Food Labels

Children will explore the labels on the food that we consume. They will investigate the components of these labels (calories, fats, sugars, salt) and how the labels can support them in their consumption of these food groups. They will also learn about daily recommended allowances. They will explore ingredients and compare processed, ultra-processed and unprocessed foods and use this information to begin to make healthier choices.

Session 2: Sleep

Children will delve into why our bodies need sleep and the benefits that good quality sleep brings us. They will discover how sleep can affect a young person's wellbeing and will be able to describe the actions we can take to help improve our quality of sleep.



Heathy Habits

Year 6

Delivery:

1 x 1-hour session

PSHE:

Pupils should know:

- That mental wellbeing is a normal part of daily life, in the same way as physical health
 - The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
 - Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests
 - The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn
 - What constitutes a healthy diet
- NC Links:**
- The characteristics and mental and physical benefits of an active lifestyle
 - The importance of building regular exercise into daily and weekly routines

D&T:

- Understand and apply the principles of nutrition
- Understand and apply the principles of a healthy and varied diet

Science

- Recognise the impact of diet, exercise and lifestyle on the way their bodies function

Key Vocabulary:

sleep, wellbeing, mood, concentration, memory, quality, mental health, physical health, wellbeing.

Resources:

Provided by Active Sefton:

- PowerPoint presentations and all physical resources

Provided by school:

- Interactive Whiteboard/TV/screen

Session Breakdown

Session 1: Healthy Bodies, Healthy minds

Children will begin to explore their own physical and mental health. They will learn the meaning of wellbeing and what this looks like, as well as learning the ways in which we can take care of our physical and mental wellbeing. They will discover the links between physical activity and our mental and physical health and will explore strategies for self care including mindfulness.



Play Leaders Training

Delivery:

1 x 1-hour session for up to 10 children

PSHE:

Pupils should know:

- The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
- Isolation and loneliness can affect children
- The characteristics and mental and physical benefits of an active lifestyle
- The importance of building regular exercise into daily and weekly routines and how to achieve this

NC Links:

PE:

- Are physically active for sustained periods of time
- Develop competence to excel in a broad range of physical activities

Resources:

Provided by Active Sefton:

- Session plans
- Activity booklets

Provided by school:

- Playground equipment
- Pencils

Session Breakdown

Session 1: Children will learn what it takes to be a good leader in order to lead their own activity sessions during school breaktimes and lunchtimes. The session emphasises key points such as demonstrating the activity and group management, before the children split into small groups and deliver short sessions to each other with feedback provided after each one. The Play Leaders are provided with a bank of activities which they can draw upon in order to deliver their sessions effectively.



KS2 Yoga

Delivery:

1 x 45 min session per week for 4 weeks.

Aims

- To provide teachers with another choice in helping children to enjoy exercise. Yoga for Schools is an innovative exercise programme that enhances pupils health and wellbeing by combining practical aspects of yoga with relevant health facts about how the body works.

PE:

- Are physically active for sustained periods of time
- Lead healthy, active lives

PSHE:

Pupils should know:

NC Links:

- That mental wellbeing is a normal part of daily life, in the same way as physical health
- The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
- The characteristics and mental and physical benefits of an active lifestyle
- The importance of building regular exercise into daily and weekly routines

**Key
Vocabulary:**

Yoga, relaxation, stretch, pose, posture, breathing, easy pose, mountain pose, rest pose, flexibility, well-being, concentration, confidence, balance, coordination, awareness, core strength

Resources:

Provided by Active Sefton:

- Yoga Factory Resources

Provided by school:

- floor mats

Session Breakdown

Session 1:

Routine R1-A for beginners or R2-A for slightly more advanced from The Yoga for Schools, Yoga Factory programme.

Session 2:

Routine R1-B for beginners or R2-B for slightly more advanced from The Yoga for Schools, Yoga Factory programme.

Session 3:

Routine R1-C for beginners or R2-C for slightly more advanced from The Yoga for Schools, Yoga Factory programme.

Session 4:

Routine R1-D for beginners or R2-D for slightly more advanced from The Yoga for Schools, Yoga Factory programme.



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Our other programmes include:



The HENRY programme provides a wide range of support for families from pregnancy to age 12. Our parental workshops cover topics such as Understanding Children's Behaviour, Healthy Teeth, Fussy Eating, Eating Well for Less, Looking After Ourselves, Healthy Drinks, and Let's Get Active.

If you would like us to facilitate the programme in your school please get in touch at active.sports@sefton.gov.uk



The NHS Health Check programme aims to prevent heart disease, stroke, diabetes and kidney disease. If you don't already have one of these conditions, you can have a NHS health check once every five years.

More information can be found at:

www.activelifestyles-sefton.co.uk/what-is-the-nhs-health-check/



Our FREE 6 week Weigh Forward course is designed to reduce the confusion surrounding weight loss and fast track you to the results you really want!

What Weigh offers an individual approach to weight loss that can reduce the stress of losing weight, including practical ways to apply weight loss tips to your everyday life

More information can be found at:

www.activelifestyles-sefton.co.uk/weigh-forward/



Move IT is a FREE weight management service for children and young people aged 5-18 years, who are above their ideal weight and would benefit from a healthy lifestyle intervention programme.

Move IT Families 5–6-year-olds, offers a single consultations to discuss lifestyle, physical activity and dietary habits.

Move IT Families 7–18-year-olds, provides a 6-week bespoke 1-2-1 exercise programme delivered at any of our leisure centres to improve overall health and wellbeing, increase knowledge and understanding of nutrition and help to improve and maintain a healthy bodyweight.

Referrals can be made at:

www.activelifestyles-sefton.co.uk/move-it/



Every school holiday, our fully qualified, experienced and enthusiastic Be Active coaches deliver a great range of activities to children aged 3-16 across Sefton. A fantastic way for children to keep active, have fun and make friends in a safe environment. Our activities include one to five day camps, shorter workshops and reduced cost swim and splash sessions.