



Pupils who are more active are likely to:

- Achieve better academically.
- Show higher levels of happiness and self-esteem.
- Improve their fitness, strength and balance.
- Reduce their anxiety and depression.

Research from Sport England and Public Health England.

The Daily Mile™

The Daily Mile is a free initiative which sees pupils run, jog or walk for 15 minutes a day, at least three times per week in your school.

- Advice and guidance from Kent Sport.
- Free Welcome Pack and online resources to get you started and support your journey.
- Improves physical, mental, social and emotional wellbeing.
- Improves attention span, memory, and behaviour leading to more productive classrooms.

www.kentsport.org/dailymile

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Kent School Games

Providing young people with the opportunity to compete and achieve their personal best.

- Supporting the delivery of 60 Active Minutes.
- Inclusive, positive experiences designed around the motivation, competence and confidence of young people.
- Developing employability skills through volunteering.

www.kentschoolgames.com

PE and sport premium for primary schools

How to use the funding to make additional and sustainable improvements to the quality of PE and sport in schools.

- Case studies, examples of good practice and the latest from The Department for Education.
- Training on how to evidence the impact and prepare for Ofsted.
- Up-to-date information in our termly e-newsletters, on our website and at our annual Primary PE conference.

www.kentsport.org/primarypremium





Active Lives Survey

Find out how active and happy your pupils are.

- Pupils take a 20 minute online survey in school.
- Upon completion, schools receive a bespoke report on their levels of: participation, wellbeing and attitudes to sport.
- Involvement in the survey gives schools access to the Healthy schools rating scheme.
- Equipment vouchers are provided as a thank you.

www.kentsport.org/activeslives



Safeguarding, Behaviour and Mental Health

Guidance, resources and training to ensure young people feel safe and supported in sport and physical activity.

- Partnerships and good practice to deliver appropriate activities.
- Free script and plan, to deliver a 'Speak Out in Sport' assembly.
- Signposting to positive local activities as a form of early help.
- Guidance for parents to identify a safe sports club environment.
- Training available for staff to use activity to support mental wellbeing.

www.kentsport.org/safe

If you require this publication in another format, please contact us.

Kent Sport Contact Information

Kent Sport is an Active Partnership, funded by Sport England and hosted by Kent County Council.

For more information on funding and insight please visit: www.kentsport.org/make-sport-happen/funding-insight

Email: Kentsport@kent.gov.uk Tel: 03000 414001

Website: www.kentsport.org/cyp

Twitter: [@KentSport1](https://twitter.com/KentSport1) [@KentSchoolGames](https://twitter.com/KentSchoolGames)



Funding

To tackle inactivity and reduce the inequalities children and young people face in sport and physical activity.

- Working with not-for-profit organisations.
- Weekly sessions to help young people build regular activity habits.
- Focus on the least active, including young people from lower socio-economic groups, culturally diverse communities and those with long term health conditions or disabilities.

<https://kentsport.org/great-ideas-for-children-and-young-people>



Active Lives Children and Young People Survey

Activity Volunteer Award

First steps into activity volunteering for young people aged 13 years and over through building transferable core skills.

- Sessions focus on self-belief, teamwork, problem solving, communication and self-management.
- The award can be delivered remotely or face to face following a short online induction.
- Young volunteers are equipped with the necessary skills to continue on their volunteering journey.

Contact I.arnold@kent.ac.uk to find out more.

