NATIONAL CENTRE FOR SPORT & EXERCISE MEDICINE
WORKING FOR HEALTH & WELLBEING

The Move More Schoolyard challenge: *Bringing physical activity data into lessons*

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MOVE MORE KIDS

NCSEM-Sheffield Vision

To create a culture of physical activity that results in ***Sheffield*** *becoming the* ***most active city in the UK by 2020***

NCSEM-Sheffield Mission

Make it easier for everyone in Sheffield to be active everyday.

Our vision

Create a culture of physical activity.

Our mission

Ensure that everyone (individuals, families and communities) living in Sheffield has the opportunity, environment and human capital to be sufficiently physically active as part of their everyday life, to benefit their health and wealth.

"Changing the way we do things round here"

Our six outcomes

Empowered Communities

Engaged and empowered communities who take responsibility and ownership of 'changing the way we do things round here' in terms of physical activity.

Active Environments

Sheffield is a city designed to make it easier for people to be physically active as they go about their daily lives.

Active People and Families

Citizens and communities are better informed, more connected, feel a greater sense of self-efficacy and move more as a normal part of daily life.

Activity as Medicine

Sheffield's healthcare system commissions, values and promotes physical activity as a viable treatment option.

Active Schools and Active Pupils

Sheffield children are provided with a positive experience of physical activity through the physical, social and educational environment of the school.

Active Workplaces and an Active Workforce

Places that create environments and policies, and provide support, to enable employees (and those seeking work) to move more as part of their working day to improve health and create wealth.

move more

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Sheffield
UK's Most Active City 2020

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move more

National Centre for Sport & Exercise Medicine
Working for Health & Wellbeing

move more do something...

Challenge Overview

- Mass participation event to engage the City in Physical activity and Showcase the existing work in Sheffield.
  - Month of July 2016 pre Olympic Games
  - Engage at least 50,000 people in physical activity
  - Engage at least 5,000 people currently inactive
  - Launch the Move More app for physical activity monitoring
  - Raise awareness & increase signposting to physical activity

Move More Celebration

- Mixture of ‘free-to-access’ physical activity tasters and opportunities and physical activity challenges

- City-wide challenges
  - (e.g. Sheffield United vs. Sheffield Wednesday)
- Community challenges
  - (e.g. local groups, teams or parks)
- Workplace challenges
  - (e.g. active travel challenges, work-based walking)
- School challenges
  - (e.g. active travel challenges, classroom and play-based challenges)

How can we make it easier for physical activity to become part of everyday school life?

How might we achieve change?

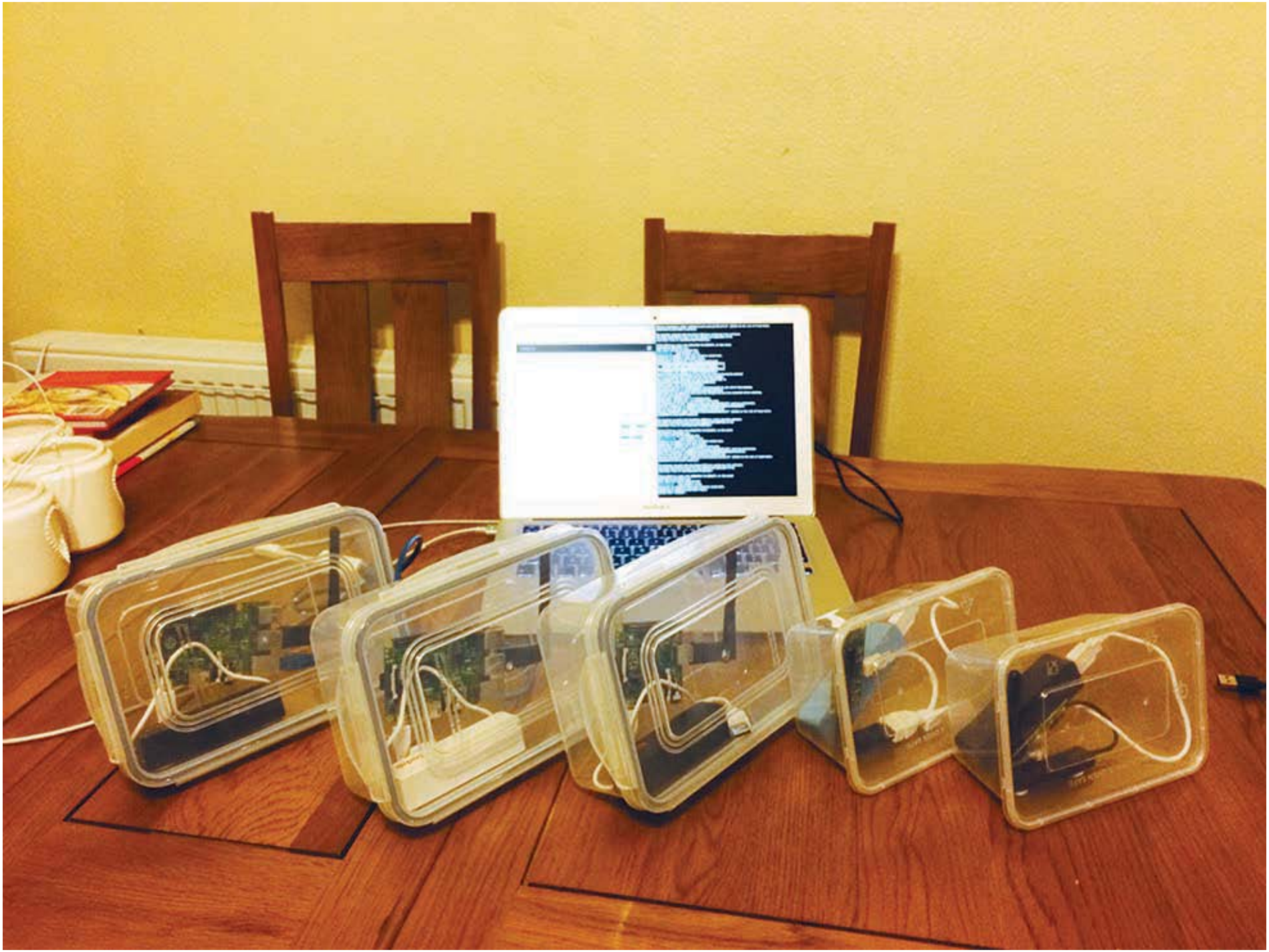
Non self-determined — *Self-determined*

	Amotivation	Extrinsic Motivation				Intrinsic Motivation
Regulatory style:	**Non-Regulation**	**External Regulation**	**Introjected Regulation**	**Identified Regulation**	**Integrated Regulation**	**Intrinsic Regulation**
Source of motivation:	Impersonal	External	Somewhat external	Somewhat internal	Internal	Internal
Motivation regulators:	No intention Incompetence Lack of control	Compliance External rewards or punishments	Ego-involvement Approval from others	Valuing an activity Endorsement of goals	Congruence Synthesis with self	Interest Enjoyment Inherent satisfaction

The Self-Determination Continuum

The Move More School Challenge

Move More KIDS

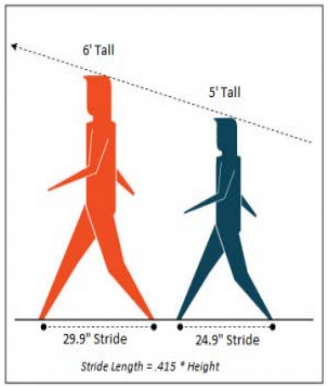


The Move More School Challenge.

move more KIDS

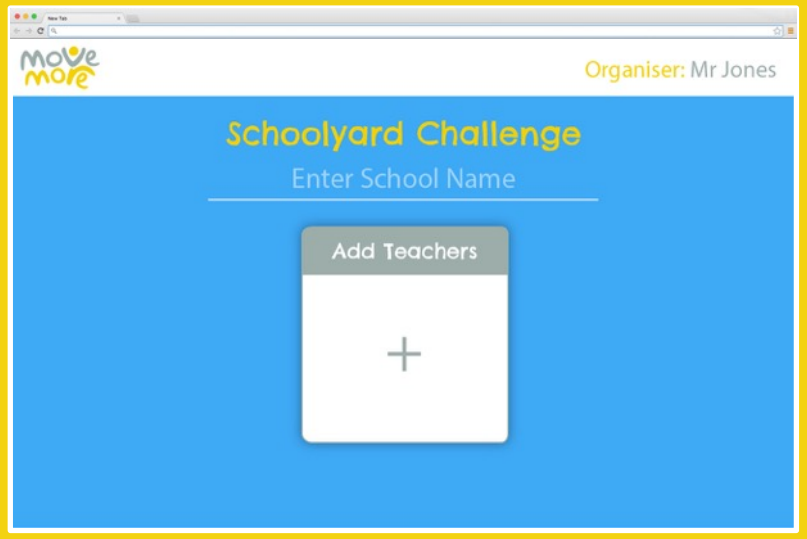
Setup of Schoolyard Challenge

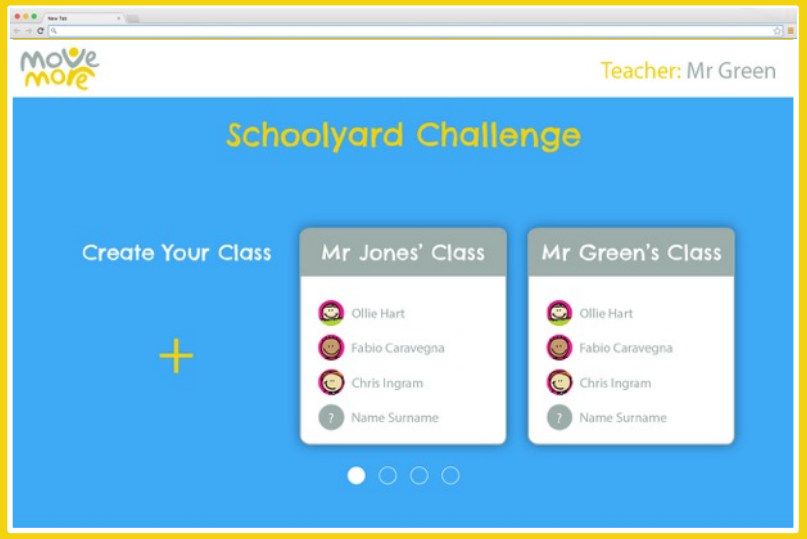
- Commission from Learn Sheffield
- Workshop to inform design
- Pilot Scheme - 6 Schools



Setting your challenge up.

The Move More Schools website is designed so that teachers can set up their own call within their school. It works like this:





1. Add teachers to your school account. Each teacher receives an invitation to set up their class(es).

2. Teachers create their class (see existing classes right).

School Yard Challenge
Move More Month

Sheffield School Tags

67618

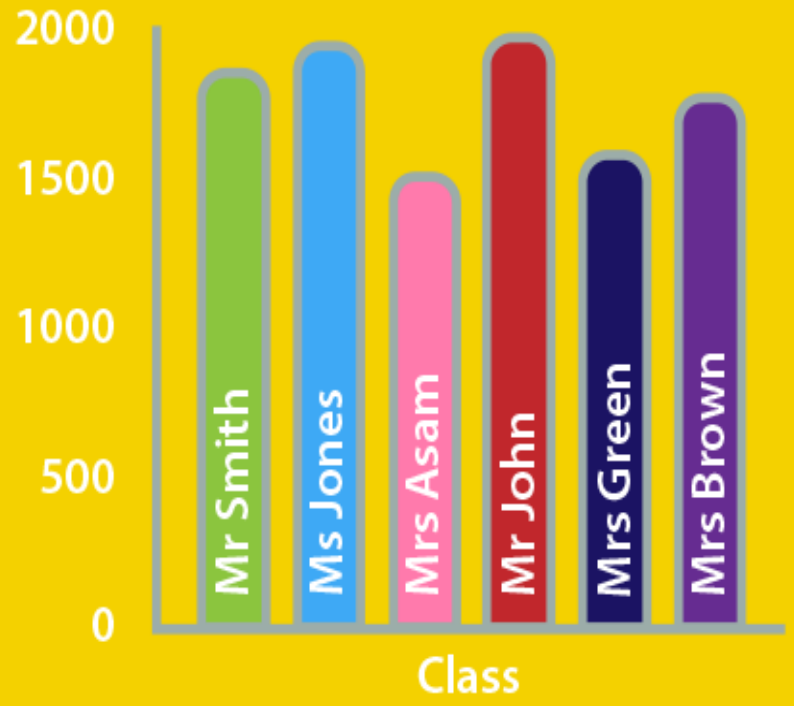
St Thomas of Canterbury School	Mansel Primary School	Stocksbridge Primary School
18586	17903	13988

Move More KIDS

St Thomas of Canterbury School
Schoolyard Challenge

Progress Chart

July's target



Resources Teacher Login

School Yard Challenge
Move More Month

Back

Class Total

1811

Y2GL

Jnr	190
Ashton	162
Casey	100
Kayden	98
Callie	89

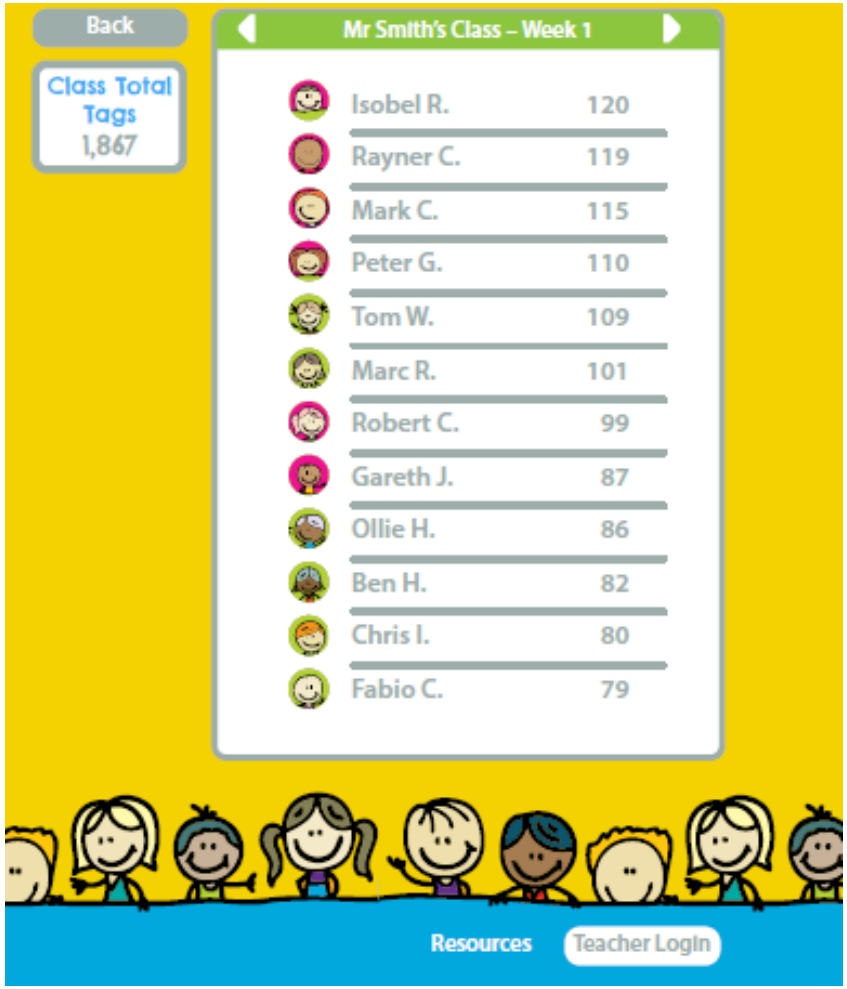
Home

Schoolyard Challenge - Malin Bridge

Schoolyard Challenge - Data

- Total Pupils – 1941
- Total Journeys – 106,755
- Total Bands – 2244

- Travelled from Sheffield to Athens
- 2669 miles



What worked:
Schoolyard Challenge - Hinde House

- *Used as a 15 minute warm up for PE lessons - children 100% active for a full 15 minutes.*

- *Used a part of an active maths lesson. Children answer a question, tag, answer a question…Great for inter class competition*

'The best PE lesson ever!'

Schoolyard Challenge - Mansel

- *We've used it as a mental maths activity, working out how many more tags we have managed to get and how many more to beat the next class/school etc.*

- *The class leader boards have been great and quite often it's not been the expected 'sporty' children at the top which has surprised some staff*

- *Staff have noticed the positive impact it has had on the children's focus when they return to the classroom.*

Schoolyard Challenge - Hinde House

- *Children definitely moving more and more importantly children are running who don't normally even walk!*

- *XXX in Y2 – needs to move more but doesn't! He soon got hooked and was running between the sensors. He would normally just sit around at school but he really wanted to take part, for the first time he was enjoying physical activity.*

Schoolyard Challenge - Stocksbridge

- *We used the website feedback to target the inactive/disengaged and work with them to do more - got small social low ability groups together to walk the courses together*

" I think the tagging & doing daily mile is fun because it keeps you fit and healthy."

I am beating my teacher!!

Schoolyard Challenge - Stocksbridge

- *Most children were fully engaged in the trial and enjoyed the competitive side of it. Teachers showing the results every day on the whiteboard definitely helped motivate*

- *We set up the boxes to be 40meters (ish) from each other so we could do some maths calculations and work out how many miles etc the children/classes/school had done.*

- *Some classroom teachers used the bands during their lessons to actively break up teaching*

Schoolyard Challenge - What didn't work?

- Our children seemed to get fed up after a week so we would possible look at having a move more challenge week, promote in assemblies and reward high performers on a regular basis. The PE staff set up a 'wake and shake' every morning and this loss of motivation happened with that too after a few weeks.

- *As PE staff think this is an amazing tool to use and promote physical activity. Sometimes this enthusiasm is not always reflected by classroom teachers who have other priorities.*

Schoolyard Challenge - What didn't work?

- The charging of the batteries every night is not feasible with a teaching workload, as well as getting them out and in every day. I managed it for 2 weeks but would be difficult to sustain.
- The initial set up of the website assigning 350 bands to each class then each child was a massive and time consuming job for me. I had to ask several other teachers and TA to help me typing each child's name in and number and write the child name on the band in permanent marker.
- The children keep loosing bands and even permanent marker rubbed off. The bands need to be more identifiable to that child e.g. the number needs to be permanently printed onto the band

Schoolyard Challenge - St Thomas Canterbury

Next Steps...

- Workshop(s) with staff and pupils to refine the process and implementation aspects
- Commissioners meeting

- Merit in pursuing a larger trial with robust outcome measures and longer follow-up
- Funding applications

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www.movemoresheffield.com

move more