

 GET

Active

 @WRHS

# Did You Know.....??



1 in 5 children in Year 6 were classified as obese



The highest percentage of inactive people in the UK are in the North West

The average UK person spends **almost 30 hours a week watching TV**. This is equivalent to **64 days a year**.

Sedentary behaviour is one of the leading causes of death worldwide.

Keeping physically active can also reduce the risk of early death by **as much as 30%**.



# Did You Know.....??

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- 10%** of children and young people (aged 5-16) have a clinically diagnosable mental health problem.
- 50%** of mental health problems are established by age 14.
- 30%** of people with a long-term physical health problem also have a mental health problem
- 46%** of people with a mental health problem also have a long-term physical health problem.

Things that can help keep children and young people mentally well include:

- good physical health
- eating a balanced diet
- getting regular exercise
- having opportunities to enjoy themselves
- being able to learn and having opportunities to succeed



# Did You Know.....??

SOCIAL  
Health and Well Being

Issues affecting social health include:



Use of Social Media – do we believe everything we see on social media, does it affect our friendships and ability to communicate well with them?

Money and Resources – do we have the funds or facilities to meet up with friends?

Home Life – do we talk to our siblings and parents about our lives?



Education – do we access a range of activities to help improve our social skills?

Environment – do we have the opportunity to get outdoors and socialise?

# PE, SPORT & HEALTH AND WELL BEING **EXTRA-CURRICULAR** TIMETABLE WINTER TERM 2018/19

	<b>LOCATION</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast club</b> 7:30am – 8:00am	Gym	Relaxation Techniques		Yoga	Fitness	
	Sports Hall		Fitness			Fitness
<b>Lunch Time</b> 1.15 – 1.50pm	Field / Outside	Hire Shop & The Daily Mile	Hire Shop & The Daily Mile	Hire Shop & The Daily Mile	Hire Shop & The Daily Mile	Hire Shop & The Daily Mile
					Tag Rugby/ Flag Football	Athletics
	Sports Hall	Boxing	Wii Dance	ABC Club & Fitness	Detentions	Dance
	Gym	Giant Games	Giant Games	Giant Games	Giant Games	Giant Games
	Astro Turf	Handball	Dodgeball Football	6 <sup>th</sup> Form Sports Leaders		Inclusive Sports
	Stadium	Badminton Table Tennis	Student Choice	Basketball	Inclusive Sports	Netball
						DofE Volunteering
<b>After School</b> 3.15 - 4.15pm	Stadium		Netball	Sports Leaders	Basketball	
	Astro Turf		Football			
	Gym		Mindfulness	Trampolining		
	Sports Hall				Boxercise / Fitness	



# Team Sports



Become part of a team, meet new people and develop your social skills

Be confident and proud of meeting your goals and receiving awards



Handball	Dodgeball			
Badminton	Football			
Table Tennis				
	Netball			
	Football			

WEDNESDAY	THURSDAY	FRIDAY
		Fitness
Hire Shop & The Daily Mile	Hire Shop & The Daily Mile	Hire Shop & The Daily Mile
	Tag Rugby Flag Football	Athletics
ABC Club & Fitness		Dance
Giant Games	Giant Games	Giant Games
	6 <sup>th</sup> Form Sports Leaders	Inclusion Sports
	Basketball	Netball
		DofE Volunteering
	Sports Leaders	Basketball



Improve yourself physically – see the improvement in your speed, power, skills etc

# Aesthetic Sports



The more active you are, the fitter you are and the more energy you have for everyday life

**GYMNASTICS  
Coming Soon**

WEDNESDAY	THURSDAY	FRIDAY
Yoga	Fitness	
		Fitness
Shop & Daily Mile		Hire Shop & The Daily Mile
		Athletics
Boxing		Dance
	Fitness	
Giant Games	Giant Games	Giant Games
	6 <sup>th</sup> Form Sports Leaders	Inclusive Sports
	Basketball	
	Sports Leaders	Basketball
	Trampolining	



Show confidence and self belief, from your hard work and resilience in your performances

Improve your communication as a choreographer and by giving feedback on aesthetic routines







# Fitness



You are more likely to persevere with something if you do it with a friend – motivate each other

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Yoga	Fitness	
	Fitness			Fitness
Hire Shop & The Daily Mile	Hire Shop & The Daily Mile	Hire Shop & The Daily Mile		
Boxing	Wii Dance	ABC Fitness		
Giant Games	Giant Games	Giant Games		



Boxercise

Astro Turf
Stadium
Stadium

Improve your self image by looking and feeling good



Reduce your chance of obesity and improve your cardiorespiratory body systems



# Leadership

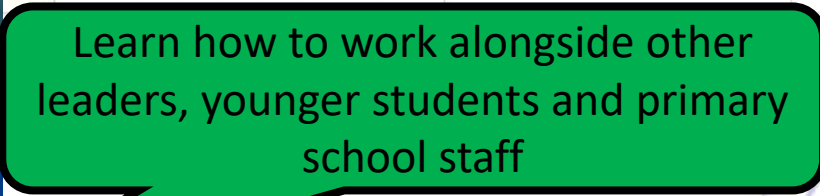


Help develop the physical fitness of younger people – be an inspiration



Build up your confidence as a leader in sport and as an advocate for active lifestyles

	Handball	Dodgeball Football	Sixth Form Sports Leadership	Inclusive Sports
	Badminton Table Tennis	Student Choice		Netball
			Sports Leaders	DofE Volunteering
				Basketball



Learn how to work alongside other leaders, younger students and primary school staff



# Recreation and Well Being



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Relaxation Techniques		Yoga	Fitness	
	Fitness			Fitness
Hire Shop & The Daily Mile	Hire Shop & The Daily Mile	Hire Shop & The Daily Mile	Hire Shop & The Daily Mile	Hire Shop & The Daily Mile
Boxing	Wii Dance	ABC Club & Fitness	Detentions	Dance
Giant Games	Giant Games	Giant Games	Giant Games	Giant Games
		Sports Leaders		Inclusive Sports
		Football	Inclusive Sports	Netball
		Leaders		Volunteering

Regular, low level exercise helps to improve your posture and bone density, reducing the risk of injury

If you want to walk fast, walk alone  
If you want to walk far, walk together  
-African Proverb

Use your social time to escape from the classroom and do something to help refocus you for the rest of the day



Football
Mindfulness



# What is The Daily Mile?

The Daily Mile is simple and free. We want to get children fit for life and fit for learning by encouraging them to run or jog for 15 minutes every day in their schools or nurseries.

It takes place outside in the fresh air during the school day at a time of the teacher's choosing. Children run in their school clothes and no special kit or equipment is required.

It is a physical activity which promotes social, emotional and mental health and wellbeing, as well as fitness.



## The Daily Mile works...

Successful implementation of The Daily Mile can be summarised as 'every child, every day', based on the 'Four Fs': fun, friendship, fresh air and fitness.

## The Daily Mile Community

We're committed to support all schools who adopt The Daily Mile and help our children to become fit for learning and fit for life.

We're immensely proud of all the schools, nurseries, teachers, children, parents and carers that make up our global Daily Mile Community. To thank you for signing up and joining The Daily Mile movement, your school will receive the latest news and updates from The Daily Mile team, plus some useful free resources and rewards.



After you join The Daily Mile movement your school pin will appear on our participation map within 10 working days. Find your pin at: [www.thedailymile.co.uk/participation-map](http://www.thedailymile.co.uk/participation-map)



...are a healthier weight. The Daily Mile is a partial solution in the battle against childhood obesity and inactivity.



...become better engaged with the outdoors and are more connected to nature and the seasons.

...within four weeks of doing The Daily Mile become much fitter and less sedentary.



...build improved relationships, often helping and encouraging their peers.



...are more resilient and self-confident.



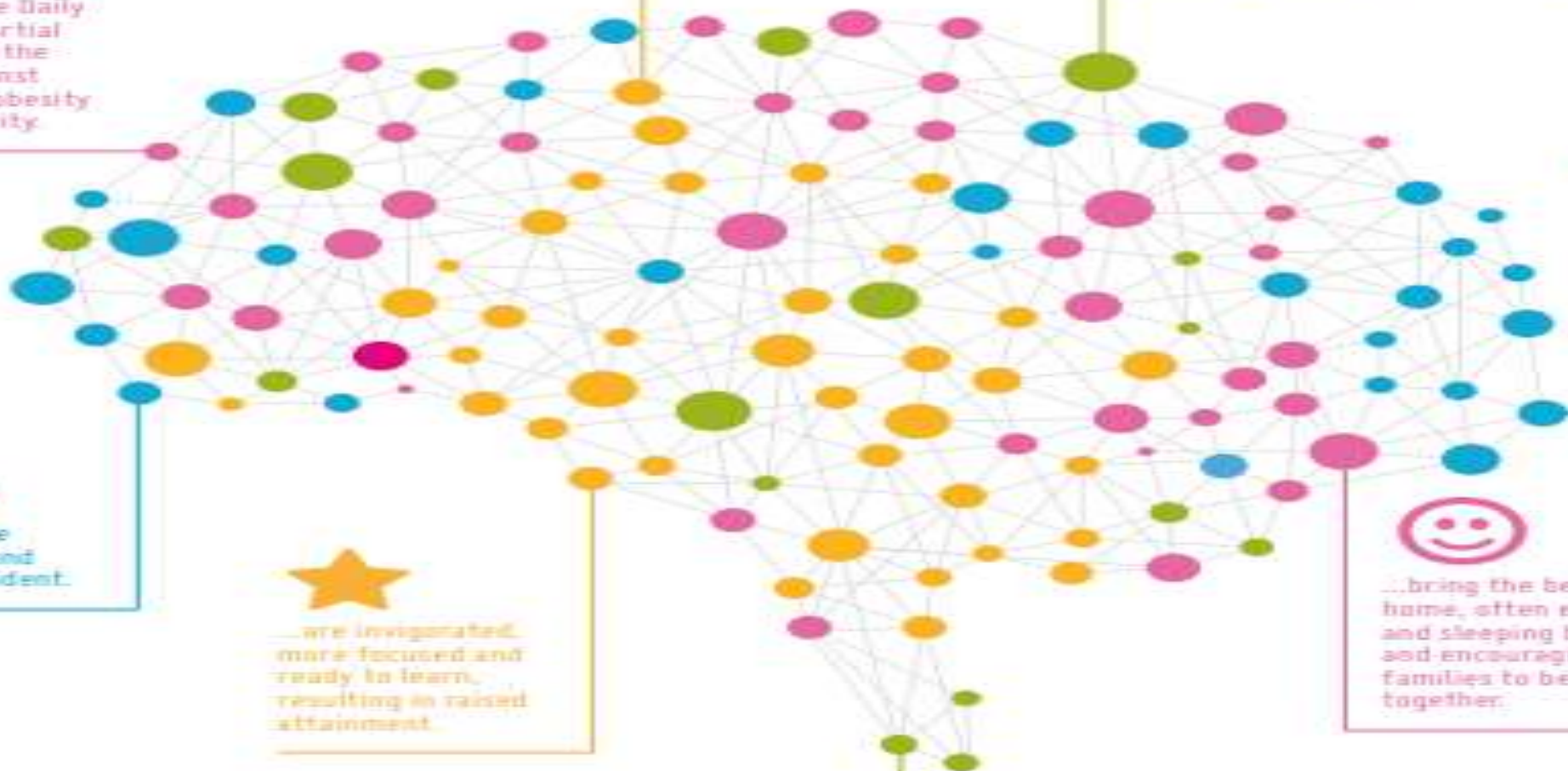
...are invigorated, more focused and ready to learn, resulting in raised attainment.



...bring the benefits home, often eating and sleeping better and encouraging their families to be active together.



...benefit from improved body composition — bone density, muscle strength and cardiovascular health.



3. Get the Daily Mile Leaders to add your laps and miles to your card



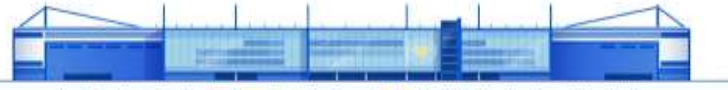
# Inter-House Daily Mile Challenge



2.  
4 laps  
= 1 mile



**200 miles**  
TOWER BRIDGE, LONDON



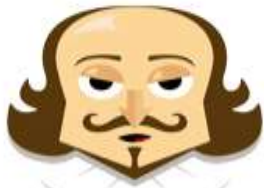
**100 miles**  
LEICESTER CITY FOOTBALL CLUB  
**220 miles**  
EDINBURGH CASTLE



**45 miles**  
ALTON TOWERS



**500 mile**  
PARIS



**120 miles**  
STRATFORD UPON AVON



**3 miles**  
OLD TRAFFORD



**430 miles**  
BRUSSELS, BELGIUM



**155 miles**  
OXFORD  
UNIV

Name: \_\_\_\_\_  
Form: \_\_\_\_\_


1. Get a card off a Daily Mile Leader

4.  
Take your full card to your House office



Whalley Range High School

awards the title of

Most dedicated

to

Jessica Ennis

Date .....

The House office will enter your miles onto the school database

Each half term certificates will be awarded to students in each House



### INTERHOUSE DAILY MILE CHALLENGE

All student miles are added to the House total miles on the database.

Half Termly - each House World Map will be updated with the total number of miles walked

End of the Year - the best House will be those who have walked the furthest.

# INTER-HOUSE WALKING CHALLENGE



DESTINATION	DISTANCE FROM SCHOOL	HAVE WE MADE IT?
St. James' Park, Newcastle	50 miles	
Stade De France,	480 miles	
Stuttgart, German	782 miles	
Prague,	1000 miles	
Rome, Italy	1300 miles	
Malaga, Spain	1600 miles	
Athens, Greece	2100 miles	
Kazan, Russia	2500 miles	
Tbilisi, Georgia	3100 miles	
Cairo, Egypt	3800 miles	
Mumbai, India	4600 miles	
Las Vegas, USA	5000 miles	
Colombo, Sri Lanka	5500 miles	
Hong Kong, China	6000 miles	
Kuala Lumpur, Malaysia	6500 miles	
Buenos Aries,	7000 miles	
Jakarta, Indonesia	7300 miles	
Harare, Zimbabwe	8000 miles	
Johannesburg, South Africa	8500 miles	
Perth, Western Australia	9000 miles	
Sydney, Australia	10500 miles	
Auckland, New Zealand	11200 miles	



*Where will you get to in the world?*





**GET**  
*Active*  
@WRHS

# SPORTS CLUBS

Name \_\_\_\_\_ Form \_\_\_\_\_


SPORT LEADERS  
VOLUNTEER CARD



 GET

Active

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