



TOGETHER ACTIVE

Staffordshire & Stoke-on-Trent

SECONDARY ENGAGEMENT

AIM

Engaging young people in fun, meaningful physical activity on a consistent basis has many benefits. The link between physical activity and mental well being, including academic achievement, is well documented. It leads to increased social confidence, decreased levels of stress as well as offering an opportunity for young people to demonstrate life skills such as resilience, team work, passion, honesty and improved communication skills.

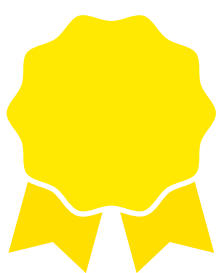


HOW CAN SECONDARY SCHOOLS MAXIMISE THEIR OFFER TO YOUNG PEOPLE?

1. Competitive Opportunities (Intra/Inter)
2. Sports Leadership
3. Transition Projects
4. Focus on Physical and Mental Health and Wellbeing (60 active minutes)
5. Personal Development (OFSTED focus).
6. Engaging hard to reach young people.
7. Promotion of school facilities.



IMPACT



- Personal Development opportunities
- Rebuilding confidence and wellbeing
- Improved Physical and Mental wellbeing
- Develop new Leadership and life skills
- Build relationships with peers
- Contribution to 60 active minutes



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COMPETITIVE OPPORTUNITIES

Competitive opportunities encourage young people to build resilience, show respect for rules and other people, strive for success as well as supporting their social and emotional development.

How can secondary schools take part?

Contact your local School Games Organiser. They will be able to offer you a calendar of local virtual Inter school competition, created to cater for all young people regardless of their confidence and competence levels. Your SGO will also be able to support your school with Personal challenge and Intra school competitions as well as guiding you through the School Games Mark Framework.



SPORTS LEADERSHIP OPPORTUNITIES

Sports Leadership aims to support the physical, social and emotional wellbeing of young people by supporting access to extracurricular provision within bubbles with young people as the driving force. To find out more about sports leadership within bubbles, please use the following link:

<https://togetheractive.org/school-games/providing-opportunities-for-young-peoples-leadership-volunteering-roles/>



TRANSITION PROJECTS

To mitigate against the social and emotional impact of Covid, it is important to support Y7 students who are struggling with the transition to secondary school.

The focus of this area of work is centred around developing emotional intelligence skills, which will help make their transition easier. To find out more about transition projects, please use the following link:



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HEALTH AND WELLBEING-60 ACTIVE MINUTES



To mitigate against the social and emotional impact of Covid a guide to being an Active school has been developed. Active schools aims to provide more and higher quality opportunities to take part in sport and physical activity before school, during lunchtime and after school. To view the guide on becoming an Active School, please use the following link:

<https://togetheractive.org/school-games/delivering-60-active-minutes-for-every-child/>

INCLUSION, INCLUDING HARD TO REACH YOUNG PEOPLE.

As we return to sport and physical activity it will be important to consider how to engage those whose levels of physical activity have been most negatively impacted by Covid-19. It is important to understand the barriers these young people face to participation in sport and physical activity. To access the guide on how to engage these young people, please use the following link:

<https://togetheractive.org/school-games/engaging-hard-to-reach-groups/>



SECONDARY SCHOOL ENGAGEMENT



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