Our Overarching Vision...

Helping young people in Derbyshire engage in more active and healthy lives »

Purpose

Young Active Healthy – Towards an Active Derbyshire® sets out the overarching vision, context and strategic priorities for the framework before outlining the challenge and contribution that can be made to the Government’s five Sporting Future outcomes. The framework highlights the cost of inactivity and the benefits of being active. The UK physical activity guidelines and influences of physical activity for young people are also considered. To work towards the vision there are five delivery themes, 27 cross-cutting outcomes and 13 advocacy and communication actions. The outcomes are to guide the work of those involved in the planning and delivery of physical activity and sport, including physical education, but do not include every action for every agency. Progress will be considered against seven national and four Derbyshire key performance indicators. However, success will come from organisations and individuals endorsing the plan, committing resources and playing a part in its delivery.

Context

Following the end of the national Physical Education, School Sport and Young People strategy in 2011, Derbyshire was one of the first counties in England to introduce a Physical Education and Sport Plan for Schools and Colleges. The plan aimed to ensure young people enjoyed their experience of physical education and sport, were supported to fulfil their potential and motivated to choose an active lifestyle. Success has been achieved through sustaining engagement in two hours of high quality physical education, school competition and sports leadership and volunteering. However, following an external evaluation of the plan, and changes within national educational, health and sport policy, recommendations have led to the development of this framework to address the challenge outlined on the next page.

Strategic Priorities

To determine the strategic priorities, the framework has considered the Government’s Sporting Future: A New Strategy for an Active Nation; Sport England’s: Towards an Active Nation Strategy 2016 – 2021; and, the Towards an Active Derbyshire Strategy 2016 – 2021. Current insight and recommendations from the Derbyshire PE and Sport Plan have also been taken into account.

Young Active Healthy will aim to engage all young people aged nought to 25.

However, tackling physical inactivity and building positive attitudes to physical activity and sport as the foundations of an active life for five to 18 year olds will be the core focus.

The outcomes will also aim to ensure young people remain active and address participation inequalities for girls, lower socio economic groups and disabled young people.

The outcomes also endeavour to develop happy and aspiring young people and support their general wellbeing through physical activity especially at key transitional ages.

Footnotes:

1. Throughout this framework, Derbyshire refers to the local authority area that makes up Derby City and Derbyshire.

2. The term physical activity includes all forms of activity, such as everyday walking or cycling to get from A to B, active play, work-related activity, active recreation (such as working out in a gym), dancing, gardening or playing active games, as well as organised and competitive sport.
The Challenge »

Physical activity levels for young people across England are alarmingly low¹:

91% OF 2-4 YEAR OLDS

82% OF 5-15 YEAR OLDS

89% OF 15 YEAR OLDS

DO NOT MEET THE MINIMUM DAILY PHYSICAL ACTIVITY GUIDELINES

LIFETIME PHYSICAL ACTIVITY LEVELS

DECLINE FROM THE AGE OF 9

Data for Derbyshire shows the consequence of inactivity on childhood obesity and sedentary behaviour²:

22% OF 4 TO 5 YR. OLDS ARE OVERWEIGHT

31% OF 10 TO 11 YR. OLDS ARE OVERWEIGHT

42% OF 15 YR. OLDS ARE SEDENTARY FOR MORE THAN 10 HRS PER WEEKDAY

68% OF 15 YR. OLDS ARE SEDENTARY FOR MORE THAN 10 HRS PER WEEKEND

Footnotes:


Contribution to the Government’s Five Sporting Future Outcomes »

Through measuring impact, the framework will contribute to the five key Government outcomes³ and highlight areas of success. These outcomes are:

1. Physical Wellbeing

Physical activity and sport and the daily choices you make affect the way you feel physically. Opportunities should engage young people in ways that deliver the most for their physical wellbeing and reporting will seek to evidence an increase in physical activity levels.

2. Mental Wellbeing

Physical activity and sport can reduce stress, anxiety and levels of depression whilst increasing self-esteem and confidence. Reporting will seek to evidence the role physical activity can play in reducing the onset of mental health issues with young people and show improved subjective wellbeing.

3. Individual Development

Research shows that physical activity and sport improves educational behaviour and attainment. It can lead to greater self-esteem, confidence and direct cognitive benefits. Reporting will seek to enhance personal and social growth to aid future progression and evidence increased levels of perceived self-efficacy.

4. Social & Community Development

Physical activity and sport can help build stronger communities by bringing people together, improving community links and building social capital. Reporting will seek to evidence how positively engaging young people in physical activity and sport can increase levels of social trust.

5. Economic Development

The economic impact of physical activity and sport, how it creates jobs and promotes growth is important. Reporting will seek to demonstrate how the ‘soft skills’ developed through physical activity and sport help employability and economic growth in Derbyshire.

Footnotes:

The Cost of Inactivity

Inactivity is known as the ‘cause of causes’ of mortality. It is the fourth leading cause of deaths due to non-communicable diseases worldwide. In the long term, increasing the physical activity levels of children and young people is likely to reduce some of the health problems associated with inactivity, such as obesity, diabetes, heart disease, stroke, cancers, osteoporosis and mental wellbeing.

Health indicators such as obesity do track from childhood to adulthood; therefore childhood physical activity may have an indirect influence on adult health. Obese adults are seven times more likely to become a type 2 diabetic than adults of a healthy weight. And, not only are obese people more likely to get physical health conditions they are also more likely to be living with conditions like depression.

The economic costs are great. We spend more each year on the treatment of obesity and diabetes than we do on the police, fire service and judicial system combined. It was estimated that the NHS in England spent £5.1 billion on overweight and obesity-related ill-health in 2014/15.

UK Active also estimates that just a 1% reduction in the rates of inactivity each year for five years would save the UK around £1.2 billion.

The Benefits of Being Active

Young people who engage in regular physical activity enjoy many directly related benefits - both in the short term and the long term. Physical activity for young people provides the following benefits:

- Strengthening muscles and bones
- Improves health and fitness
- Maintains healthy weight
- Reduces the risk of cancer, heart disease and diabetes
- Important for cardio-metabolic health
- Helps deter from other risk behaviours, such as smoking
- Stronger immune system and recovery from illness
- Reduces stress and anxiety
- Effective in tackling depression

Education

- Improves concentration and learning
- Positively contributes to cognitive functioning and academic achievement
- Better classroom behaviour
- Improves attendance and reduces absenteeism
- Active young people are 15% more likely to go to university

Individual & Social

- Builds confidence and social skills
- Develops coordination
- Improves sleep
- Makes you feel good
- Improves psychosocial health and perceived self-efficacy
- Promotes positive habit formation including: perseverance, resilience, grit, confidence, leadership and respect
- Improves social cohesion and reduces anti-social behaviour
- Develops employability skills

Footnotes:

5. UK Active also estimates that just a 1% reduction in the rates of inactivity each year for five years would save the UK around £1.2 billion.
The Five Delivery Themes

Delivery Theme 1

Active Schools and Early Years Providers

Where young people have the opportunity to develop physical literacy and gain the knowledge, skills and motivation to equip them for a lifelong active and healthy lifestyle.

Delivery Theme 2

Active Sixth Forms, Further and Higher Education

Where students have the opportunity and are encouraged to engage in regular physical activity and sport.

Delivery Theme 3

Active Families and Communities

Where young people and families lead a physically active lifestyle as a normal part of everyday life.

Delivery Theme 4

Active Travel

Young people automatically choose active travel as a normal part of everyday life for all or part of short journeys.

Delivery Theme 5

Active Workforce

A suitably qualified and experienced workforce to provide an enjoyable and safe experience for young people.

The 27 outcomes in this framework have been assigned to five principal delivery themes to outline responsibility but are cross cutting and demonstrate a need for joint working if an impact is to be made.

Young Active Healthy Outcomes

1. Schools prioritising physical education, physical activity and sport in the improvement planning process which ensures inclusive provision and engages the least active.

2. A commitment to provide two hours of physical education per week for all pupils in Key Stage 1 to 4 and at least 30 minutes of daily physical activity in school through active breaks, physical education, extra-curricular clubs, active lessons and other physical activity and sport events.

3. Early years’ providers emphasising the physical development aspect of the ‘Early Years Foundation Stage Framework’ to provide opportunities for young children to be active and interactive and to develop their co-ordination, control and movement.

4. The development of physical literacy in school to provide the knowledge, skills, understanding and attitudes required for an active lifestyle.

5. Keeping competitive sport at the heart of school and providing more young people with the opportunity to compete and achieve their personal best.

6. Schools demonstrating increased physical activity levels for young people through the healthy schools rating scheme.

Footnotes:

17 Early years providers include childminders, preschools, nurseries and school reception classes.

18 Active journeys are those which are made, in whole or part, by non-motorised transport for the purpose of making everyday trips. This includes walking and cycling as well as other non-motorised modes such as scooters, wheelchairs and other mobility aids.
Sixth forms and colleges integrating physical activity and sport in curriculum planning, teaching and assessment to effect positive behavioural change, which ensures inclusive provision and reduces levels of physical inactivity.

Sixth forms and colleges engaging with the community and external providers to introduce students to physical activity and sport beyond the place of learning and encourage lifelong participation.

A successful offer that has opportunities for all students in further and higher education to play, engage, develop and compete in physical activity and sport.

Links with further and higher education to trial and test initiatives that increase engagement, especially in regard to ‘social’ physical activity and sport.

Further and higher education supporting Derbyshire’s economic growth and development by using physical activity and sport as a vehicle to enhance young people’s personal growth, achievement, employability and general health and wellbeing.

More young people and families getting physically active and playing sport together at home, in local communities and within the wider natural environment.

Physical activity being encouraged and supported from birth and incorporated from the outset so that it becomes part of routine and everyday life.

Young people engaging in at least 30 minutes of physical activity and sport each day outside of school time, supported by parents, carers and volunteers.

More young people and families being active in safe and appropriate green and open space, which is close to their home.

Local opportunities designed to appeal to young people at different stages of their life, which engage more young people and families in physical activity and sport.

Better designed environments that appeal to and encourage young people and families to engage in physical activity.

More young people engaged in active travel to and from school and beyond the school day.

More schools participating in the Modeshift STARS Initiative.

Schools and places of learning supporting young people to choose active travel through education, encouragement, role models and provision of accessible facilities.

Greater awareness and provision of active travel routes and effective infrastructure in and around places of learning and communities.

More young people, parents, teachers and influencers with cycling skills and confidence in other modes of active travel to encourage young people to see their living spaces as an active environment.

More opportunities for young people to make a positive contribution by developing and being deployed as leaders, volunteers, administrators, coaches and active lifestyle champions.

Young people remaining in volunteering through the life stages by having opportunities to progress and develop, which will aid future educational and employability chances.

Real-life experiences within the physical activity and sport industry for young people through work placements, internships and apprenticeship schemes.

Effective and appropriate training and development of staff and students in places of learning to ensure a positive and enjoyable experience for young people, that changes behaviour and excites young children and their families to become active.

A community-based physical activity and sport workforce that is appropriately encouraged, supported and trained to engage young people in active lives.
Advocacy and Communications »

By 2021, advocacy and communications will result in:

- A wider, more powerful understanding of the evidential link between physical activity and sport in regard to wider educational outcomes, e.g. attainment, progress, attendance, behaviour, engagement, recruitment, employability, character education, personal development and general well-being.

- Standardised physical activity and sport surveys across the sector to show trends and comparative data across the county, region and nationally, supported by the sharing of impact reports and case studies.

- Greater awareness and use of the role of technology to increase physical activity, from digital data recording to the use of wearables and digital platforms to change behaviour.

- An awareness of the impact across the five delivery themes and better communication between connected organisations to share progress, insight and good practice.

- Information, marketing and campaigning to encourage and support young people to become and stay active, close to home, using their community assets, which builds physical activity into everyday life.

- Support for key national and local physical activity and sport campaigns and events, leading to increased engagement, e.g. active travel campaigns, promotion of active lives creating cultural change.

- An annual report highlighting progress, success and challenges in regard to each delivery theme and the overall vision, which highlights the journey young people can take through engagement in physical activity and sport.

- An increased awareness of the CMO physical activity guidelines for young people and the wide-ranging benefits of physical activity and sport, e.g. health, transport, economic, educational, environmental and social - whether it be key stakeholders, organisations or young people and their families.

- A safety and supportive environment for young people to engage in physical activity, with the right policies, processes and training in place to minimise the risk of harm, abuse or bullying.

- An improved awareness of the importance of leading a physically active lifestyle and knowledge of opportunities for young people and families to get active and play sport.

- A communications and social media plan that is adaptable to current trends.

- An awareness of the impact across the five delivery themes and better communication between connected organisations to share progress, insight and good practice.
The Chief Medical Officer (CMO) guidelines\(^9\) draw on global evidence for the health benefits people can achieve by taking regular physical activity throughout their lives. Even relatively small increases in physical activity are associated with some protection against chronic diseases and an improved quality of life\(^{10}\).

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### UK Physical Activity Guidelines »

The Chief Medical Officer’s (CMO) guidelines\(^9\) draw on global evidence for the health benefits people can achieve by taking regular physical activity throughout their lives. Even relatively small increases in physical activity are associated with some protection against chronic diseases and an improved quality of life\(^{10}\).

### Guidance for Under Fives »

<table>
<thead>
<tr>
<th>Minimum Physical Activity Guidelines</th>
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</thead>
<tbody>
<tr>
<td>Children of pre-school age who are capable of walking unaided should be <strong>physically active daily for at least 180 minutes</strong>, spread throughout the day.</td>
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<table>
<thead>
<tr>
<th>Chief Medical Officer Advice</th>
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<tbody>
<tr>
<td>» Physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in safe environments.</td>
</tr>
<tr>
<td>» All under fives should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).</td>
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<thead>
<tr>
<th>Suggested Physical Activity</th>
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<tbody>
<tr>
<td>» For infants who are not yet walking, ‘tummy time’, reaching for and grasping objects, pulling, pushing and playing with other people and ‘parent and baby’ swim sessions.</td>
</tr>
<tr>
<td>» For children who are capable of walking, unstructured active play as well as structured activities that can be any intensity (light or more energetic).</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Reducing Sedentary Behaviour</th>
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<tbody>
<tr>
<td>» Reducing time spent in infant carriers, pushchairs or seats, walking aids or baby bouncers.</td>
</tr>
<tr>
<td>» Reducing time spent in front of TV or other screens.</td>
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<tr>
<th>Influences of Physical Activity</th>
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<tbody>
<tr>
<td>» Pre-school and nursery.</td>
</tr>
<tr>
<td>» Parents, carers and family, parent and toddler groups, children’s centres.</td>
</tr>
<tr>
<td>» Biological, economic, demographic, psychological, behavioural, social/cultural and environmental factors.</td>
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Guidance for Five to 25 Year Olds

Minimum Physical Activity Guidelines

» All five to 17 year olds should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.

Chief Medical Officer Advice

» Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.

» All five to 17 year olds should minimise the amount of time spent being sedentary (sitting) for extended periods.

Suggested Physical Activity

» Moderate intensity physical activities will cause young people to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation. Examples include: playground activities, brisk walking and general cycling.

» Vigorous intensity physical activities will cause young people to get warmer and breathe much harder and their hearts to beat rapidly, making it more difficult to carry on a conversation. Examples include: running, sports such as swimming or football.

» Physical activities that strengthen muscle and bone involve using body weight or working against a resistance. Examples include: Hopping and skipping, sports such as gymnastics or tennis and age appropriate weights and carrying or moving heavy loads.

Reducing Sedentary Behaviour

» Reducing time spent watching TV, using the computer or playing video games.

» Breaking up sedentary time such as swapping a long bus or car journey for walking part of the way.

» Taking regular active breaks.

Influences of Physical Activity

» Start school, transition to lower and upper Key Stage 2 and SATs. Start secondary school, transition to Key Stage 4 and GCSEs. Transition to Sixth Form, college and university, training, apprenticeships and work.

» Parents, carers and family, other young people, friends, peers, TV, digital and social media, advertising and celebrities.

» Growing independence and forming of new relationships.

» Biological, economic, demographic, psychological, behavioural, social/cultural and environmental factors.
Measuring Impact

There are a number of national and Derbyshire key performance indicators\(^1\) that this framework will consider and report against in order to achieve the vision. National guidelines may vary and ways of measuring may change. **However, this framework will outline progress in Derbyshire against the following national indicators**

**National KPI 1**
A decrease in the percentage of young people aged 14 to 25 physically inactive as measured by the Active Lives survey.

**National KPI 2**
An increase in the percentage of young people achieving physical literacy as measured by the Active Lives survey.

**National KPI 3**
An increase in the percentage of young people achieving swimming proficiency.

**National KPI 4**
An increase in the percentage of young people achieving Bikeability Levels 1-3.

**National KPI 5**
An increase in the percentage of young people aged 11 to 18 with a positive attitude towards sport and being active as measured by the Active Lives survey.

**National KPI 6**
An increase in the percentage of five to 14 year olds engaging in physical activity and sport outside school as measured by the Active Lives survey.

**National KPI 7**
A decrease in overweight and obesity levels for four to five year olds and 10 to 11 year olds as measured by the National Child Measurement Programme.

**National KPI 8**
An increase in the percentage of young people achieving Bikeability Levels 1-3.

**National KPI 9**
An increase in the percentage of young people achieving swimming proficiency.

**National KPI 10**
An increase in the percentage of young people achieving Bikeability Levels 1-3.

Evidence will also be gathered in Derbyshire through surveys, case studies, new technologies and a commitment from partners to share reports and provide an overview of progress in Derbyshire. **Reporting will reflect each delivery theme, the five Government outcomes and the strategic priorities against the following Derbyshire indicators**

**Derbyshire KPI 1**
Maintain the expectation of two hours of curriculum physical education per week for all pupils in Key Stage 1 to 4 as measured by a Derbyshire School Physical Activity and Sport survey.

**Derbyshire KPI 2**
An increase in the percentage of 14 to 25 year olds volunteering in physical activity and sport in and out of a place of learning as measured by a Derbyshire Young Person Physical Activity and Sport survey.

**Derbyshire KPI 3**
An increase in the percentage of young people achieving physical literacy as measured by the Active Lives survey.

**Derbyshire KPI 4**
An increase in the percentage of young people achieving Bikeability Levels 1-3.

**Derbyshire KPI 5**
An increase in the percentage of young people aged 11 to 18 with a positive attitude towards sport and being active as measured by the Active Lives survey.

**Derbyshire KPI 6**
An increase in the percentage of five to 14 year olds engaging in physical activity and sport outside school as measured by the Active Lives survey.

**Derbyshire KPI 7**
A decrease in overweight and obesity levels for four to five year olds and 10 to 11 year olds as measured by the National Child Measurement Programme.

Footnotes:
\(^1\) Where data exists, progress in engagement of girls, lower socio-economic groups and disabled young people will be reported. Baseline data will also be used where possible to set actual targets.
Call to action...

...We need everyone to get behind the vision and the five delivery themes if we are to have any real impact on the challenges identified, so this framework should be used as a guide when forming your own plans and programmes. As a call to action, please consider how you can make a difference to the lives of young people through increasing physical activity levels in your place of learning, neighbourhood, village, town, city, district, borough or across Derbyshire and how sport can be used as a tool to achieve wider outcomes.

#YoungActiveHealthy

March 2017