

REPORT TO: CHILDREN AND FAMILIES SERVICES COMMITTEE – 13 MAY 2019
REPORT ON: “DUNDEE DAILY 15” IN PRIMARY SCHOOLS
REPORT BY: EXECUTIVE DIRECTOR OF CHILDREN AND FAMILIES SERVICE
REPORT NO: 194-2019

1.0 PURPOSE OF REPORT

1.1 The Tayside Plan for Children, Young People and Families 2017-2020 and the City Plan 2017 - 2026 highlight the reduction of obesity as a key priority. This report outlines the local progress made to date on the implementation of the Daily 15 in Primary Schools to help address obesity whilst at the same time promote the general health and wellbeing of children.

2.0 RECOMMENDATIONS

2.1 It is recommended that committee members:

- i note and approve the contents of the report; and
- ii approve the roll out of the Daily 15 to all Primary Schools across the city.

3.0 FINANCIAL IMPLICATIONS

3.1 There are no financial implications related to this report.

4.0 INTRODUCTION

4.1 Tackling obesity is a Scottish Government priority and “A Healthier Future: Scotland’s diet and healthy weight delivery plan (2018) outlines plans to halve childhood obesity by 2030. Locally, obesity is also a concern, with 26.9% of children at risk of being overweight or obese at Primary 1. It is recognised that both healthy diet and exercise can play a key role in reducing obesity.

4.2 In terms of exercise, the Dundee Daily 15 model of 15 minutes of physical activity a minimum of 3 times per week, aspiring to every day, has been developed. The model has been systematically tested within 4 Primary Schools and evidence gathered on the impact of the approach.

Participating in the Daily 15 helps schools to meet the Experiences and Outcomes of the Curriculum for Excellence as well as the NHS guidelines on physical exercise and Getting It Right For Every Child (GIRFEC) wellbeing indicators of Safe, Healthy, Active, Nurtured, Achieving, Respected, Responsible and Included (SHANARRI).

5.0 DEVELOPMENTS

5.1 The evidence gathered from staff and pupils in all 4 Primary Schools demonstrates that not only does the Daily 15 increase physical activity levels, it also improves children’s readiness to learn and engagement with learning, which all contribute towards raising attainment.

Teachers have reported that pupils:

- appear happier
- show improved physical stamina
- are more ready to learn
- have improved relationships with their teacher

- are calmer and less restless

Pupils have reported that they:

- enjoy doing the Daily 15
- feel confident about themselves doing the Daily 15
- feel part of their school by doing the Daily 15
- feel healthier because they do the Daily 15
- feel they get on better with others by doing the Daily 15

5.2 Due to the success of the test with the 4 schools, a teacher's guide to implementing the Daily 15 has been created (Appendix 1). The model has already been scaled up to be adopted within another 4 Primary schools in the city. The additional benefits of applying the Daily 15 model is that it is:

- simple and quick for teachers to organise and deliver (15 minutes)
- inclusive - everyone (whole class) can take part
- free
- safe - children are in the school grounds
- outside in fresh air – at least once a week (better for children's health)
- about everyone achieving and progressing

On this basis, it is proposed that the Chief Education Officer works with other Primary Schools to extend the Daily 15 across the city. The approach will also continue to compliment wider health and wellbeing curriculum activity, including Physical Education, Physical Activity, Sport, Play and Food and Health.

6.0 POLICY IMPLICATIONS

6.1 This Report has been subject to an assessment of any impact on equality and diversity, fairness and poverty, environment and corporate risk. There are no major issues.

7.0 CONSULTATION

7.1 The Council Management were consulted in the preparation of this report.

8.0 BACKGROUND PAPERS

8.1 None.

Paul Clancy
Executive Director

April 2019

Appendix 1



Daily 15

Contributing to raising
attainment by increasing
physical activity and
readiness to learn



Background - Why is Dundee promoting the Daily 15?

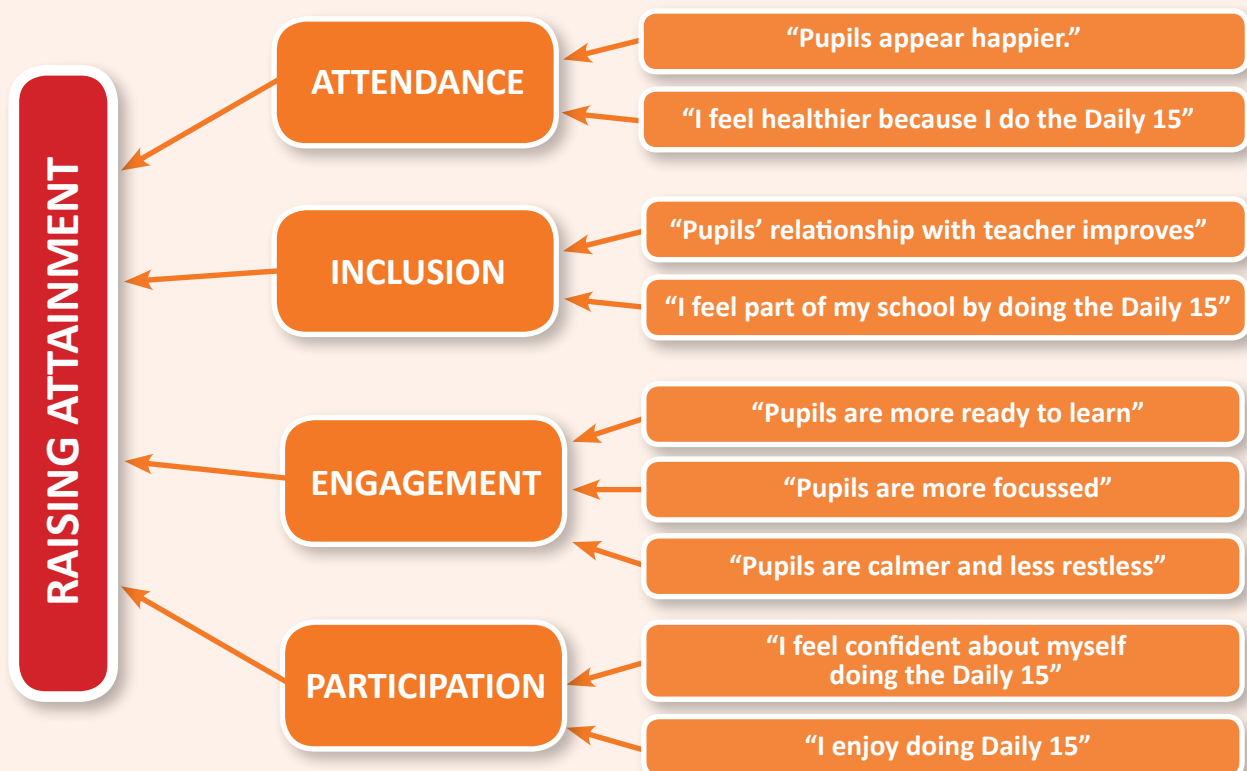
Child Healthy Weight is a priority for Dundee City:

- Tackling Obesity (Healthy Weight) is a Scottish Public Health Priority: A Scotland where we eat well, have a healthy weight and are physically active (2018)
- 26.9% of Dundee's Children are at risk of being overweight or obesity at P1 (2017/18)
- Improving Child Healthy Weight is a priority within the Tayside Plan for children, young people and families (2017-2020)
- Tackling Obesity is a priority in the City Plan for Dundee 2017-2026
- Scottish Government and Dundee PEPAS Group have the expectation that all children and young people experience two hours of quality physical education per week and participate in physical activity during the school day.

The evidence tells us that the Daily 15 contributes towards:

- increasing physical activity levels
- readiness to learn and engagement with learning.

It is the impact on children's engagement with learning, through improved relationships with their teacher, improved focus and concentration and general happiness in the classroom that makes the Daily 15 an effective tool to use to contribute towards raising attainment in Dundee. The table below shows how the Daily 15 contributes to the attainment measures:



What is the Dundee “Daily 15”?

The Dundee “Daily 15” model is 15 minutes of physical activity a minimum of 3 times per week, aspiring to every day.

Expectations

The Daily 15...

- starts from the time you leave the classroom to the time you return to the classroom
- must take place **at least** three times per week
- is recorded on both your class and weekly timetables
- is responsive to class needs – e.g. brain break, energy burner
- has children moving for full 15mins – no down time
- includes **moderate to vigorous physical activity**
- takes place **outside at least once a week**
- offers personalisation and choice – include a variety of activities over the term
- is time efficient as children don’t get changed for Daily 15 - suitable footwear and jackets/coats should be worn if required
- works best when teachers lead by example and are active role models
- links to the E’s and O’s therefore children should be aware of the reasons and benefits
- can include interventions such as Active Play
- encourages you to use your own resources, which are developmentally appropriate

Please note - given the nature of physical education, children will experience moderate to vigorous physical activity during PE. Since time is premium, it is suggested you don’t do the Daily 15, in addition to PE, on PE days.

I have noticed more children enjoying the Daily 15 and being enthusiastic to do it. The children are more focussed and ready to learn after doing the Daily 15. The physical fitness of some is definitely improving as I see them building stamina and speed.

Craigiebarns Primary School

Possible Resources

Teachers are encouraged to use a variety of activities and resources to deliver the Daily 15. A list of possible resources are listed below - remember all activities are to be age and stage appropriate.

Daily Mile (Run, jog or walk for 15 minutes)

<https://thedailymile.co.uk>

Take Your Marks

<https://takeyourmarks.co.uk>

Go Noodle

<https://gonoodle.com>

Just Dance

https://www.youtube.com/results?search_query=just+dance

Dice Roll Exercises (Pinterest)

[https://www.pinterest.co.uk/search/pins/?q=dice%20roll%20excercises&rs=typed&term_meta\[\]=dice%7Ctyped&term_meta\[\]=roll%7Ctyped&term_meta\[\]=excercises%7Ctyped](https://www.pinterest.co.uk/search/pins/?q=dice%20roll%20excercises&rs=typed&term_meta[]=dice%7Ctyped&term_meta[]=roll%7Ctyped&term_meta[]=excercises%7Ctyped)

Circuits

<http://www.stmatthewscephprimary.com/ks2-circuit-training-resource-cards>

PE Circuit Stations

<https://www.twinkl.co.uk/resource/cfe2-pe-70-pe-circuit-station-display-posters-english>

Fitness Challenge Cards

<https://www.twinkl.co.uk/resource/nz-pe-1-fitness-challenge-cards>

Fitness Bingo

<https://www.twinkl.co.uk/resource/nz-pe-20-fitness-bingo>

Fitness Cubes Activity

<https://www.twinkl.co.uk/resource/nz-pe-21-fitness-cubes-activity>



4

Top Tips for Teachers

- Children can be included in leading the physical activity
- Consolidate learning in other curricular areas and develop multi-tasking abilities, eg. counting in sevens, playing word association / rhyming games as they jog with a partner, taking a ball and throwing it every 7th step for themselves to catch
- Create flash cards for circuits and games
- Choose a child to be responsible for completion of the recording form
- Use the Daily 15 to make children aware of energy balance (energy in /energy out)
- Many teachers use the Daily 15 as a “brain break” in the afternoon
- You can use Cosmic Kids Yoga https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ to calm the children after their moderate to vigorous activity outside

Children all enjoy it and benefit holistically, physically, emotionally and socially. It also benefits the staff to get to know the children better outwith the classroom setting. Super idea!

St Mary's RC Primary School

The 'Daily 15' refreshes the children and improves concentration afterwards.

St Ninian's RC Primary School



How does the Daily 15 contribute to the Curriculum for Excellence?

Health and Wellbeing Across Learning: Responsibilities of All

Learning in through and about physical activity and sport is enhanced by participating in a wide range of purposeful and enjoyable physical pursuits at breaktimes, lunchtimes, within and beyond the place of learning. The experiences and outcomes are intended to establish a pattern of daily physical activity which, research has shown, is most likely to lead to sustained physical activity in adult life as well as contributing to mental, emotional, social and physical wellbeing now and in the future.

Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions. Because of this, it is the responsibility of every teacher to contribute to learning and development in this area.

Health and Wellbeing E's and O's

In addition to planned physical education sessions, physical activity and sport take place in the classroom, in the school, during travel such as walking and cycling, in the outdoor environment and in the community.

Within and beyond my place of learning I am enjoying daily opportunities to participate in physical activities and sport, making use of available indoor and outdoor space (HWB 1-25a)

I am enjoying daily opportunities to participate in different kinds of energetic play, both outdoors and indoors. (HWB 0-25a)

I know that being active is a healthy way to be. (HWB 0-27a)

I can describe how I feel after taking part in energetic activities and I am becoming aware of some of the changes that take place in my body. (HWB 0-28a)

I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity. (HWB 2-27a / HWB 3-27a)

I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic physical activities of my choosing, including sport and opportunities for outdoor learning, available at my place of learning and in the wider community. (HWB 2-25a)

I am aware of the role physical activity plays in keeping me healthy and know that I also need to sleep and rest, to look after my body. (HWB 1-27a)

I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing. (HWB 2-28a / HWB 3-28a)

I understand that my body needs energy to function and that this comes from the food I eat. I am exploring how physical activity contributes to my health and wellbeing. (HWB 1-28a)

I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health (HWB 0-15a / HWB 1-15a / HWB 2-15a)



The NHS also provides the following guidelines on physical activity for 5-18 year olds:

To maintain a basic level of health, children and young people aged 5 to 18 need to do:

- **at least 60 minutes of physical activity every day** - this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis.
- on **3 days a week** these activities should involve exercises for **strong muscles and bones**, such as swinging on playground equipment, hopping and skipping, and activities such as gymnastics or tennis.

Based on these guidelines the Daily 15 should include a variety of activities. This should include moderate to vigorous physical activity as well as exercises for strong muscles and bones.

Guide to Physical Activity for Children & Young People

PDF available at:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/541231/CYP_infographic.pdf

I feel that on the whole children have really enjoyed "Daily 15" and their stamina has increased. It also surprised me how unfit some children are."

Claypotts Castle Primary School



For further information please contact:

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...you can do so much more **ONLINE** at...

dundee.gov.uk