

Vision

At West Lodge each child finds the spark within them. The light continues to grow, igniting the spark in others -creating ripples throughout the world. It all starts with understanding and acceptance....



Healthy Lifestyle Tips



Make a sugar swap!

Making a cereal swap at breakfast or popping a lower-sugar yogurt in their lunch box are just a few of the easy ways to help make a day healthier.

Exercise!

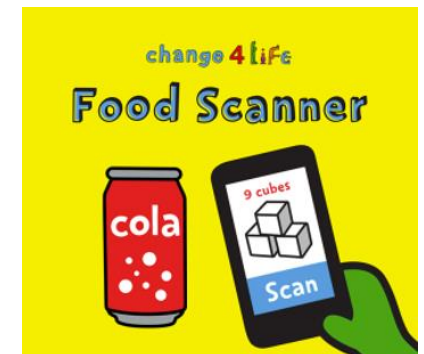
Children should aim for 60 minutes of physical activity a day.

Change4life Tips

5 A Day!

Fruit & vegetables are a great source of vitamins, minerals & fibre, & are an important part of a healthy, balanced diet.

Download the change4life Food scanner to help find out what's inside your child's food or drinks.



Active 30:30

Positive Steps for an active school

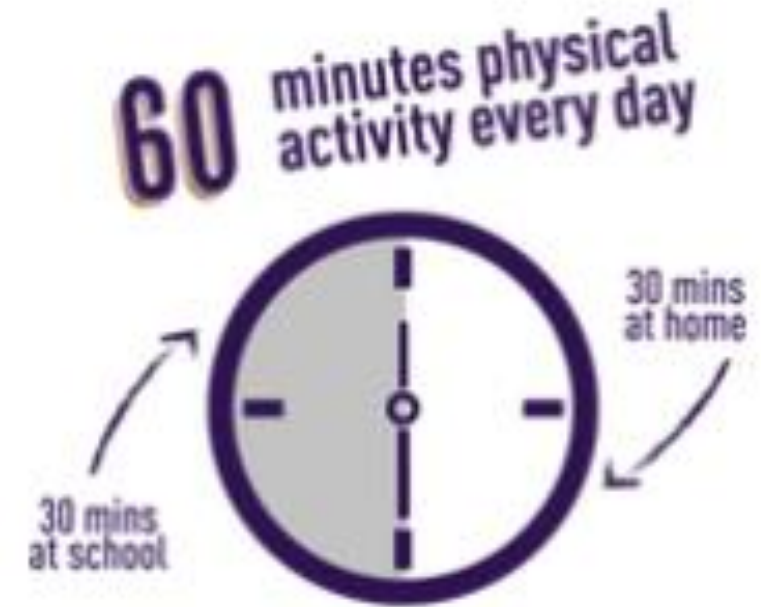
Mr Long, Mr O'Rourke, Mr Khalfi

July 2021

Why Active 30:30?



“ACTIVE CHILDREN ACHIEVE UP TO 33% BETTER THAN THEIR INACTIVE PEERS”



Immediate Health Risks

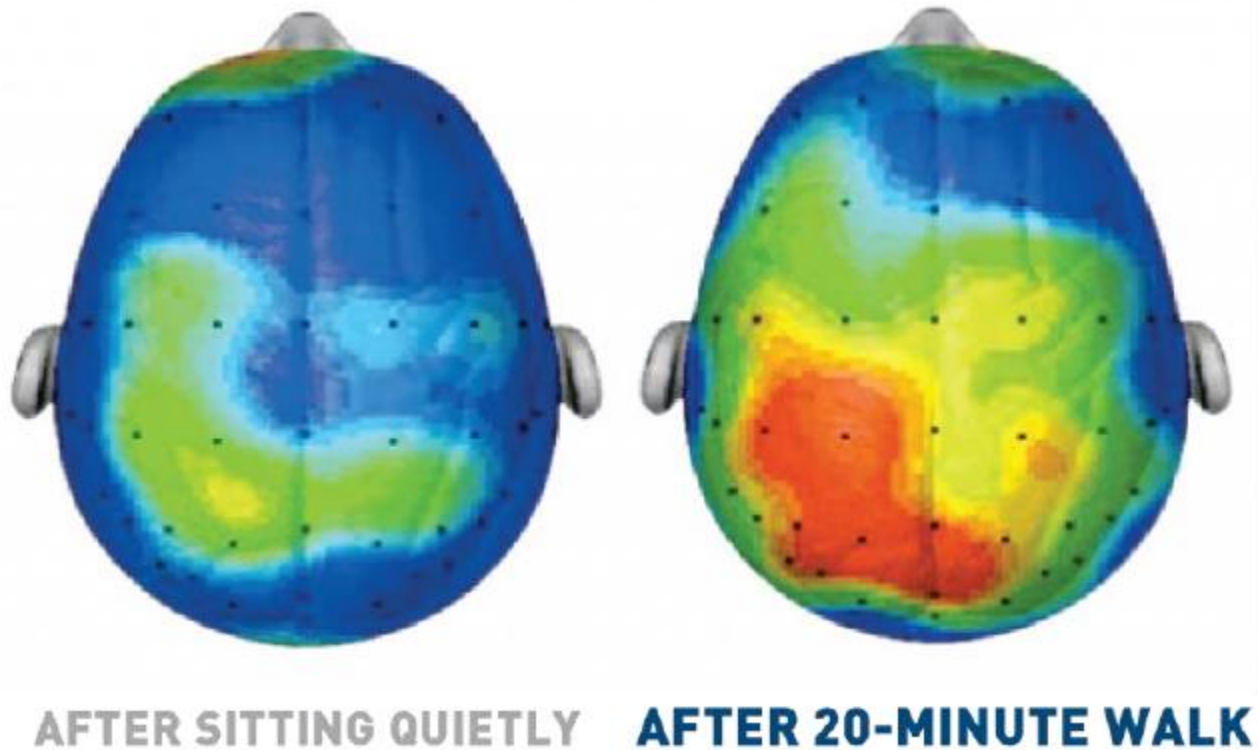
Obesity during childhood can harm the body in a variety of ways. Children who have obesity are more likely to have:

- High blood pressure and high cholesterol, which are risk factors for cardiovascular disease.
- Increased risk of impaired glucose tolerance, insulin resistance, and type 2 diabetes.
- Breathing problems, such as asthma and sleep apnoea.
- Joint problems and musculoskeletal discomfort.
- Fatty liver disease, gallstones, and gastro-esophageal reflux (i.e., heartburn).

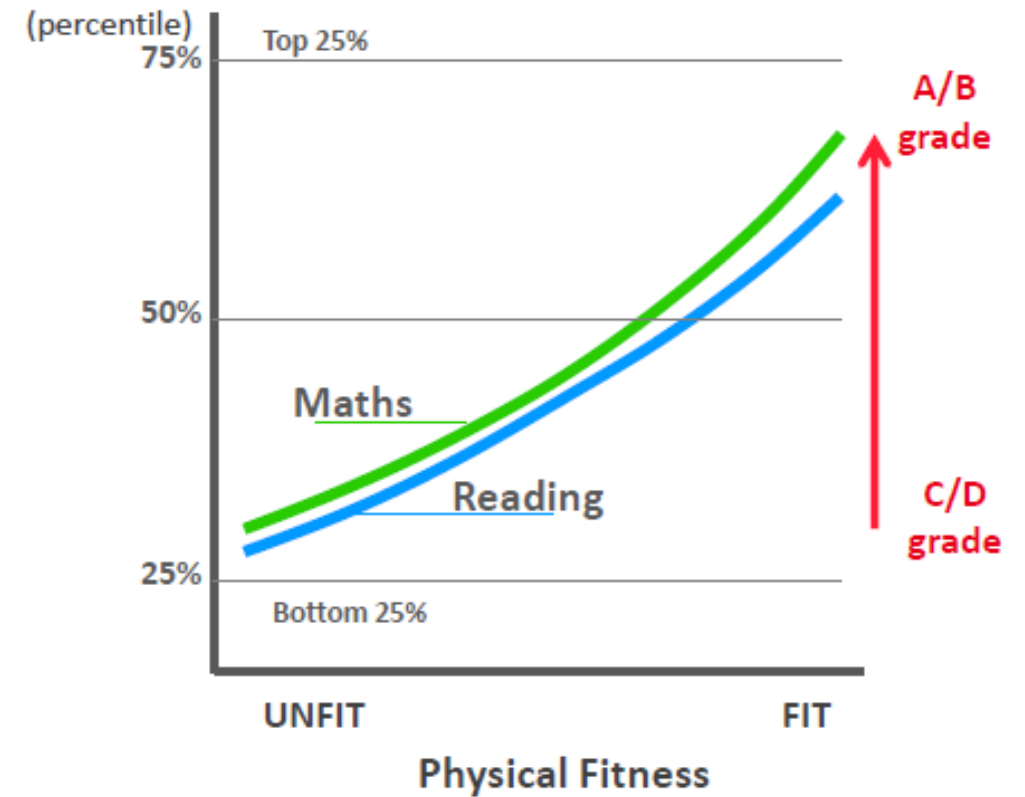
Childhood obesity is also related to:

- psychological problems such as anxiety and depression.
- Low self-esteem and lower self-reported quality of life.
- Social problems such as bullying and stigma.

What is Active 30:30 and the Rationale



Academic Results



What have West Lodge already done?

- The Daily Mile
- The Everest Challenge
- Active learning in lessons e.g.
 - using BBC Supermovers
 - Go Noodle
 - Teach Active
 - Tokyo Tens



Moving Forward

- Active 30:30 tracker

Active 30 mins per day



- Coach25K
- Virgin Mini London Marathon
- Brain Gym activities

What can you do at home?

Here are examples of resources which can be accessed at home:

BBC Supermovers

<https://www.bbc.co.uk/teach/supermovers>

Go Noodle Create your own account or view on Youtube

<https://www.gonoodle.com/>

This or That

<https://www.youtube.com/watch?v=bWcn9pW5fJ4>

Joe Wicks Workouts on YouTube

<https://www.youtube.com/watch?v=uqLNxJe4L2I>

West Lodge Summer Activity Booklet



**West Lodge Primary
School**

**Summer Physical Activity
Challenge Booklet**



How to use this Booklet:
During the summer holidays we want you to stay fit and active. Try to complete some form of physical exercise each day. E.g. swimming, playing football, walking to the shops or even doing jumping jacks in the living room. For fitness ideas check out:

www.nhs.uk/change4life
www.bbcsupermovers
Go Noodle

★Remember to make a note of every activity you complete, EBI you attach a photo★





WEEK 1 - Last week of term

WEEK 2:

WEEK 3:

The average person walks about 7,500 steps per day. If you stick to that average step count and live to be 80 years old, you'll walk about 110,000 miles in your lifetime.



WEEK 4:

WEEK 5:

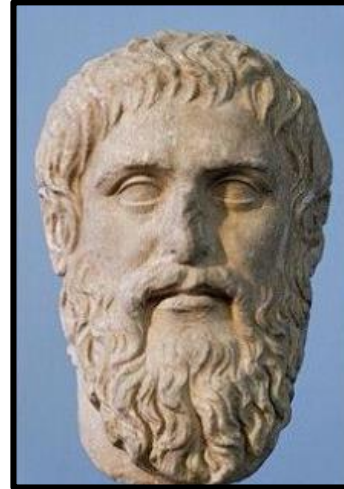
WEEK 6:

You use 200 muscles to take a single step forward.

WEEK 7:

Place pictures of your activities here or post photos/images etc. to twitter @westlodeschool

Thank you for attending this workshop!



Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.

(Plato)

