

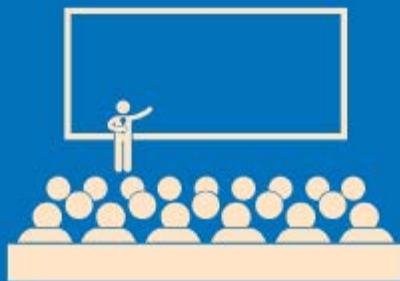


Hall Park  
Academy

**This week's assembly**

**National  
School  
Sports Week**

**Led by Miss Lockwood**





# National School Sports Week



## What is National School Sports Week?

- An annual initiative set up by Youth Sport Trust
- Aiming to engage young people in 60 minutes of physical activity per day



# Hall Park Learner

How does HPL link to today's assembly?

- **H**ard-working
- **A**mbitious
- **L**earners
- **L**eaders
- **P**articipants
- **A**mbassadors
- **R**esilient
- **K**ind



British Values	Hall Park Value	At Hall Park, we believe...
Democracy	Democracy	everybody has a role to play and people should be able to voice their opinions about the issues that matter to them in a <b>DEMOCRATIC</b> way.
The rule of law	Responsibility	laws and rules are there to keep us safe. Everyone needs to respect them and take <b>RESPONSIBILITY</b> for their actions.
Individual liberty	Independence	in the importance of individuals developing the self-esteem, confidence and initiative necessary to think <b>INDEPENDENTLY</b> .
Tolerance of those of different faiths and beliefs	Value	everyone's beliefs, religious or otherwise, should be <b>VALUED</b> and respected unless they encourage hatred or harm towards others.
Equality	Equality	people should be treated <b>EQUALLY</b> regardless of their race, gender, sexuality, religion or background.

Which of the **DRIVE** Values would **RESPONSIBILITY** come under?

**RESPONSIBILITY**



# Active Lives Survey

- Only **47% of UK children aged 11–16** meet the recommended 60 minutes of activity per day.
- Girls are **less likely** to be active than boys, especially after age 13.



Less than half of you are moving enough – which means most of us are missing out

# The Power of Physical Activity



# Benefits of physical activity

- ▶ Improves concentration, creativity and memory
- ▶ Improves mental health and wellbeing
- ▶ Increases bone and muscle strength
- ▶ Improves cardiovascular health
- ▶ Reduces the risk of illness and disease
- ▶ Reduces risk of obesity

# 2025 Challenge

It takes 21 days to form good habits...



The banner features logos for Youth Sport Trust, Sports Direct, and Under Armour. It includes the text 'always active' in a stylized font and a yellow stopwatch icon with '60 minutes a day of PE, sport and play' written inside. Below the banner, the text '30 day activity challenges' is prominently displayed. The main body of the banner explains the challenge's goal of 60 minutes of daily physical activity through three key skills: throwing, catching, running, and jumping. It also details how the challenge works through three numbered steps: completing a 10-minute daily skill challenge, engaging in additional activities to reach 60 minutes, and mixing school and home activities. At the bottom, a yellow bar contains the website 'youthsporttrust.org/NSSW' and a stylized logo.

   **always active** 

**NATIONAL SCHOOL SPORTS WEEK 2025**  
16-22 JUNE

## 30 day activity challenges

This challenge encourages pupils to achieve 60 minutes of daily physical activity by developing key movement skills: **throwing, catching, running, and jumping.**

Each day includes a mix of focused skills and additional activities to encourage pupils to stay active for a full hour.

**How it works:**

-   
Complete the daily skill challenge (10 minutes).
-   
Engage in additional activities to reach 60 minutes of movement.
-   
Mix school and home activities to stay active throughout the day.

Find out more:  
[youthsporttrust.org/NSSW](https://youthsporttrust.org/NSSW)