

What is the best buy to enable pupils to accumulate 30-minutes in school PA?



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@brainercise



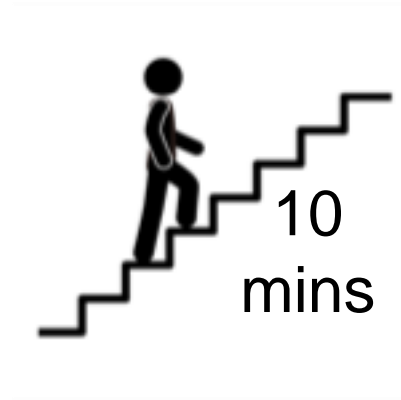
Your brain has **STOPPED** and you need a pick me up



A



B



C

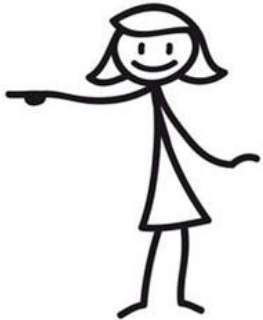
How many children achieve the 30-minute in school MVPA target?



A. 70%



C. 50%

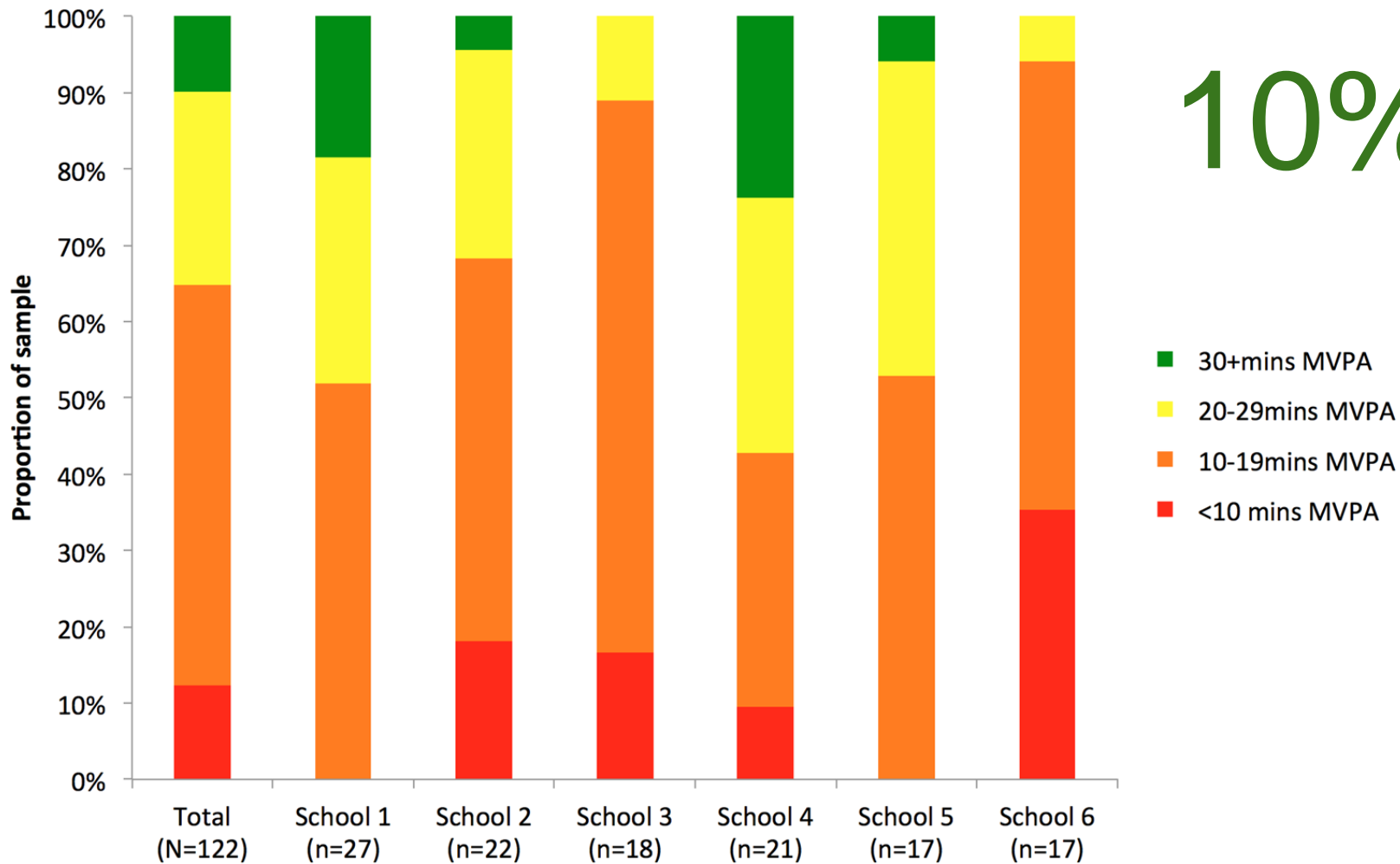


B. 30%

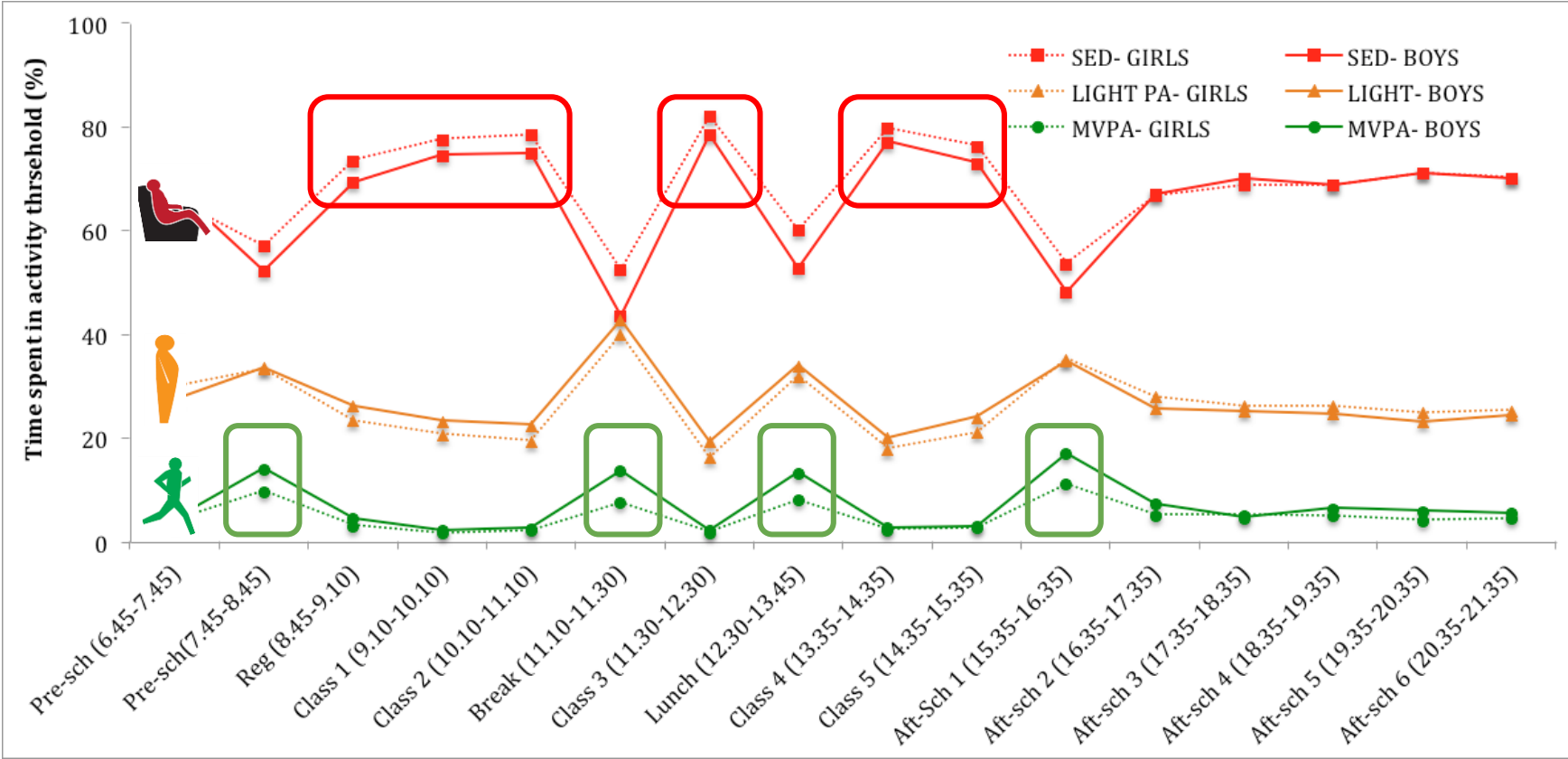


D. 10%

10%



Percentage of time by gender in moderate-to-vigorous physical activity (MVPA), sedentary time (SED) and light physical activity (LPA) across the segmented school day.



EXPAND

EXTEND

ENHANCE

Theoretical
Mechanism

Definition

Examples

Replacing time allocated for low active or sedentary activities with time allocated for more active activities.

Substituting seatwork with active learning tasks in general education classrooms.
Providing a before or after school opportunity to be active, where one did not exist previously.

Lengthening time currently allocated for physical activity opportunities.

Providing additional physical education (PE) lessons per week, on top of what is currently provided.
Lengthening or adding additional recess PE sessions per week or allocating more time for recess or PE on a given day.

Modifying an existing physical activity opportunity to increase the amount of physical activity youth accumulate during an allotted period of time.

Reducing student wait time during PE lessons to increase physical activity
Increasing portable equipment options for students during recess.
Providing choice among two or more activity opportunities



Discretionary

Non-Discretionary

Discretionary

Expand

Extend

Enhance

Non-Discretionary

Expand

Extend

Enhance

Discretionary

Expand

Extend

Enhance

Structured

Unstructured

Non-Discretionary

Expand

Extend

Enhance

Structured

Unstructured

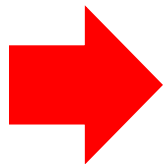




MVPA Accumulation PAL vs SCL



SCL



**0.97 ± 1.00 mins
(2%)**



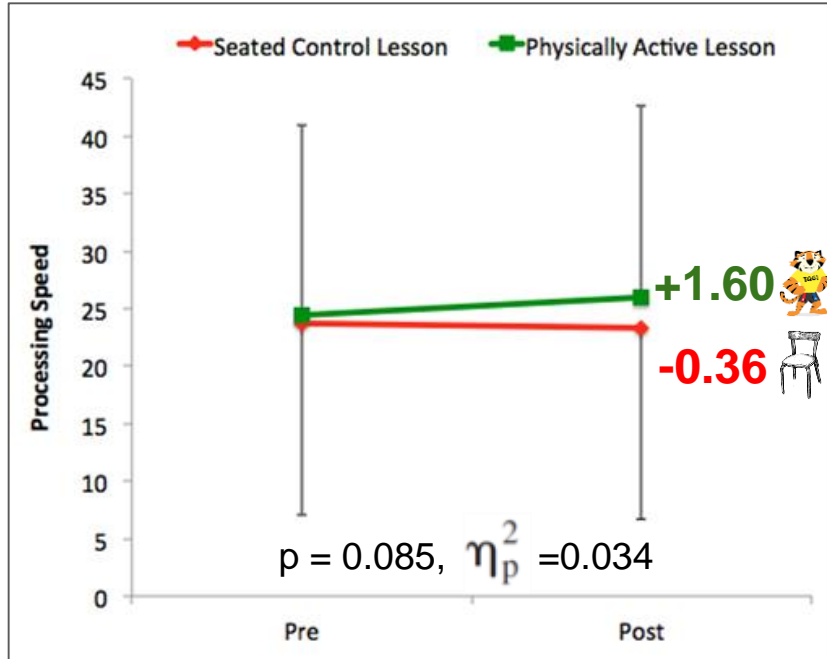
PAL



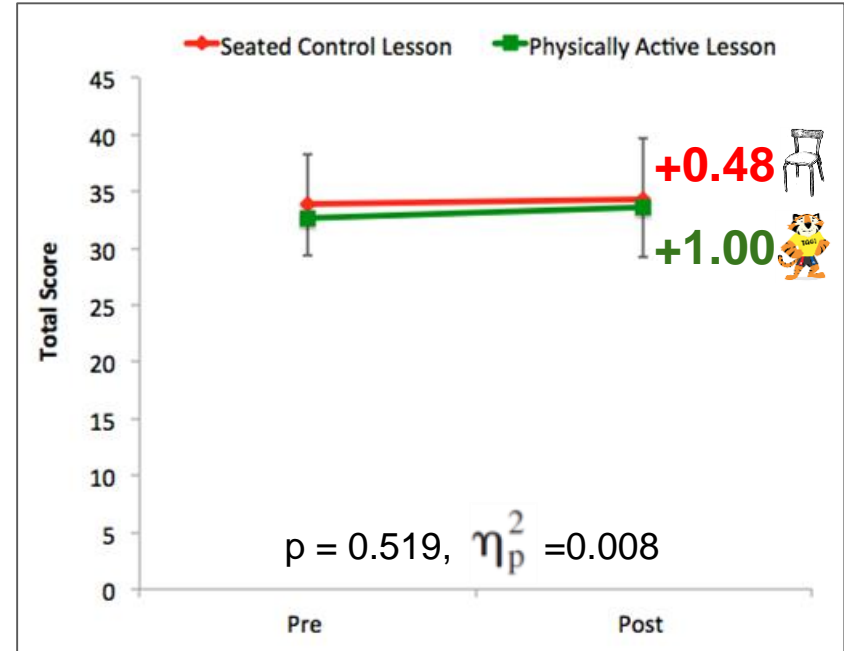
**10.09 ± 4.09 mins
(22%)**

$p = 0.001$, Cohen's $d = 3.06$

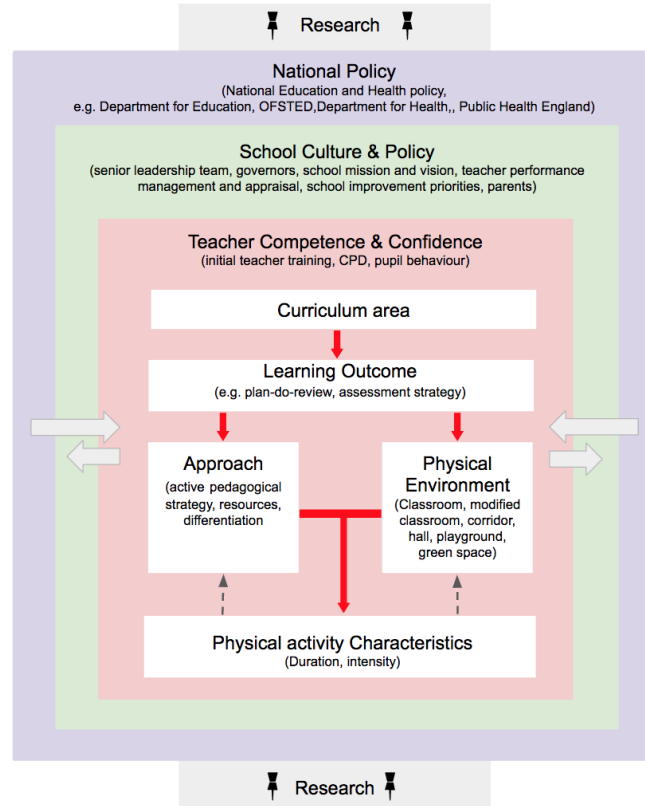
MASSAT



WRAT4- Maths



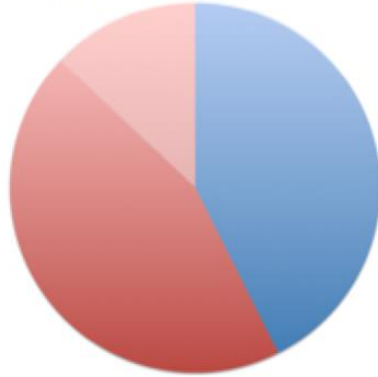
If it was this simple, why has it not been done before?



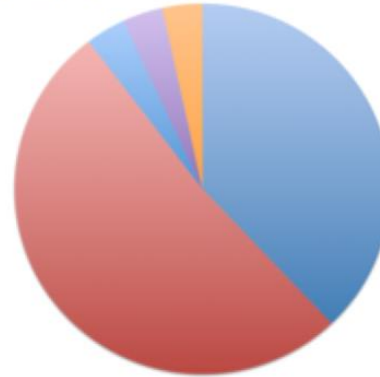
Subject Frequency

- Maths
- English
- Art/DT
- Computing
- Foreign Language
- Geography
- History
- Music
- Physical Education
- PSHE
- Religious Education
- Science
- Topic
- Assembly
- Golden time

LESSON 1



LESSON 2



LESSON 3



Getting started



Yorkshire companies who empower schools to embrace physically active learning

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