



## BEE Active moving

### The Manchester Physical Activity Schools Newsletter

Autumn 2024



#### Welcome

Here at TeamMCR, we are on a mission to get our children moving! We want to work with ALL schools and educational organisations across Manchester to help get ALL children moving and enjoying physical activity no matter their gender, age, ability or ethnicity.

There are 114,635 – Under 16s living in our city (2022). But according to Active Lives (2020), nearly 35% of children are doing less than 30 mins of physical activity a day. Recent data from [BeeWell in 2023](#) also shows us only 31.2% of young people aged 14 – 15 years old are doing 1 hour a day of physical activity, which is lower than the GM average of 34.5%, That's 2 in 3 of our 14/15 year olds NOT meeting the CMO's guidelines! BeeWell data also shows us only 19.4% (1 in 5) of girls in Manchester are reaching 1 hour a day of physical activity, and 12.9% of girls in Gorton & Levenshulme.

The [UK Chief Medical Officers \(CMO\)](#) recommends that young people aged 5-18 should take part in 60 minutes of moderate/ vigorous Physical Activity a day across the week (or 20 minutes per day for Disabled Children and



Disabled Young People). They should take part in a variety of types and intensities of Physical Activity across the week to:

- develop movement skills
- strengthen muscles and bones
- reduce the time spent sitting or lying down
- break up long periods of not moving with some activity
- spread activity throughout the day.

Schools should aim to deliver 30 minutes of Physical Activity for every child and support them to access 30 minutes more outside of school.

According to [The World Health Organisation](#) (June 2024) Regular physical activity provides significant physical and mental health benefits. In adults, physical activity contributes to prevention and management of noncommunicable diseases such as cardiovascular diseases, cancer and diabetes and reduces symptoms of depression and anxiety, enhances brain health, and can improve overall well-being.

In children and adolescents, physical activity promotes bone health, encourages healthy growth and development of muscle, and improves motor and cognitive development.

Manchester data is also showing that inactivity in childhood can lead to inactivity in adulthood with Active Lives (2021/22) showing that 26.3% of adults aged 19+ are doing less than 30 minutes of moderate intensity of physical activity each week.



See how you can be involved in the Manchester children's Active Lives Survey 2024/25 - [click here](#)

### Useful resources

Now whilst getting some of our children moving can be a problem, it is a shared problem and not the responsibility of one organisation but as a collective across the city. And we are working hard to galvanize these partners across the city for the good of the children and schools we serve.

Here at TeamMCR we want to help.....we want to help ALL schools to get ALL children to love movement and to understand the benefits, so we have lots of resources to help schools.

### **Check out Manchester School Games Offer which includes;**

1. Creating daily activity strategies to engage the least active groups; including the 2024 Christmas Advent Calendar as outlined below for staff and students.
2. We would like to offer non-member TeamMCR schools 1 x event created to tackle inequalities by engaging those who would benefit the most from increasing the amount of physical activity they take part in. [Click here for more details of events](#)
3. Check out the [Resources section](#) of our website for other FREE resources & support;



## **2024 Christmas Advent Calendar**

**WAKE UP, SHAKE UP** To help bring some festive cheer to all staff and pupils this holiday season, TeamMCR are excited to introduce our annual **Active Advent Calendar**! This engaging and fun resource is designed to get everyone into the Christmas spirit while promoting physical activity and energy in the classroom or outdoors. It can be used as a lively “Wake Up, Shake Up” session or as an energising break during the school day.

### **HOW IT WORKS**

Starting on December 1st, open a new door each day up until Christmas Eve to unveil a festive activity. Each activity is accompanied by a clear photo demonstration, making it easy to follow along and get moving. These activities are not only a great way to boost energy levels but also to share moments of joy and togetherness throughout the holiday countdown. Let’s make this December both active and memorable!

**Please take photos where possible and tag us in to share your daily advent challenges via our Twitter page @Teammcr1**

**For any further information about the work of TeamMCR and our memberships and support please [click here](#)**

**To be added to our mailing list please email**

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