

PARTNER SEARCH

Funding Call	ERASMUS+ SPORT
Proposal	<p>Suffolk County Council, England, is looking to work with European partners to explore and promote the use of physical activity as a tool to address anxiety and improve educational attainment amongst pupils aged 14-16 years who are undertaking exams. Following on from current small scale pilot work with a single cohort (around 25 students) in the county Suffolk County Council would like to build on the results of this to test opportunities for stakeholders to more effectively integrate physical activity into school settings to achieve positive outcomes in the areas mentioned amongst this age group on a wider scale.</p> <p>Objectives</p> <p>To identify, test and pilot models of intervention that demonstrate and inform how joined up approaches can lead to better policy making and strategically influence investment decisions, whilst raising awareness of the importance of physical activity at this key transition point for children/young adults.</p> <ul style="list-style-type: none"> • Testing interventions to increase the opportunities for pupils 14-16 years of age to incorporate physical activity into their current daily school life. • Create a culture change for the organisations involved with children of this age in embedding physical activity into their daily life • Create opportunities for children who do not necessarily engage with current “traditional” physical activity offers and develop/test new ways of engaging these audiences. • To develop partnerships and collaborate with other organisations to better integrate physical activity into the whole school life. • Link physical activity to other areas of learning and development within the curriculum by integrating a whole school approach to physical activity as per the World Health Organisation NCD “best buys” (WHO Tackling NCD’s, 2017 – Page 13). • Create a one stop shop for all learning from shared practice, interventions, research papers and produce a comprehensive tool kit for stakeholders to use going forward. • Work with academic establishments to monitor & assess outcomes and provide academic input into outputs. • Produce some outputs/best practice/resources as “lessons for Public Health Commissioners”. • Produce evidence bases that can be evidenced to influence discussions on statutory frameworks - such as Ofsted in the United Kingdom - regional and local policy <p>Activities/Outputs</p> <ul style="list-style-type: none"> • To develop a strategic and operational best practice model that can be replicated by local authorities/education stakeholders across the European area. This could include academic research and a variety of interventions. • To evaluate whether targeted interventions improve mental health amongst this sector. • To evaluate whether targeted interventions improve educational attainment amongst this sector. • To find effective ways to educate stakeholders and provide them with the necessary expertise/tools to facilitate successful interventions. • To assist further stakeholders to garner support for the development their own programmes/interventions by producing the evidence that increased physical activity can assist with mental health and educational attainment within the school setting. • Test and identify the most effective ways to engage stakeholders (e.g. teachers, school leaders, Local authorities, Education Leaders, parents, pupils) in creating a culture change in attitudes to and knowledge of physical activity and the benefits that it can have within the school setting. • Highlight the importance of reducing sedentary behaviors among school children and the role of physical activity in educational attainment.

	<ul style="list-style-type: none"> • To evaluate whether targeted interventions improve the physical activity levels amongst this sector. • This project will promote the EU Physical Activity Guidelines 2008 <p>Why is this important?</p> <ul style="list-style-type: none"> • Physical inactivity has been identified as the fourth leading risk factor for global mortality according to World Health Organisation. • Currently around 23% of boys and 20% of girls aged 5-15 mins are not achieving the Chief Medical Officer’s government recommended physical activity levels in children of 60 minutes per day of moderate to vigorous physical activity. (“Health Survey for England 2015 Physical activity in children Health Survey for England 2015: Physical activity in children,” 2016) • Physical activity declines with age in young people; something which has been clearly demonstrated during the transition between primary and secondary school, where over 80% of children in Suffolk’s primary schools reported being active during their free time in school time, compared to only 40% of secondary school children reported being active during break times in school (“The Suffolk Children’s Physical Activity Survey (11-18 years),” 2017). • There is evidence that physical activity can assist with mental health outcomes and produce better outcomes at key transition stages – in this case exam outcomes. (“The link between pupil health and wellbeing and attainment” Public Health England Nov 2014) • Public Health England (“The link between pupil health and wellbeing and attainment” Nov 2014) found that “pupils with better health and wellbeing are likely to achieve better academically” and that there is a “positive association ... between academic attainment and physical activity”. Anxiety can affect the ability to learn, revise and deliver within an exam situation and so understanding if physical activity can assist with this can hopefully lead to better educational outcomes. • Increasing the number of physically active, higher achieving young adults with good mental health going into adult life will bring economic benefit to the whole economy as there is general research consensus that academic success in childhood and adolescence is a strong predictor of future wealth, productivity and health (Faught et al., 2017 "The combined impact of diet, physical activity, sleep and screen time on academic achievement: a prospective study of elementary school students in Nova Scotia, Canada". International Journal of Behavioural Nutrition and Physical Activity, 14,) <p>The value of Collaboration</p> <p>Collaboration is key to raising engagement and quality of this work. Key focus for working with our overseas partners is to share, develop and transfer innovative practices between participating countries. The partnerships will develop new approaches to embedding physical activity into the school setting and promote the development of this throughout the EU. This is an area where research has been done in the UK to highlight current levels of inactivity and the link between physical activity and attainment/mental health however little research has been carried out into how this can be addressed in practice.</p>
<p>Aims, Objectives, and expected results</p>	<p><u>Timescales</u> Target submission of application: 5th April 2018</p> <p>Earliest project start date: January 2019</p> <p>Project implementation: Autumn 2018 onwards</p>
<p>Lead Partner</p>	<p>Suffolk County Council</p>

Deadline for expression of interest	Initial Deadline: 28th February 2018 We are interested in the opportunity to apply for the 5 th April 2018 deadline which we appreciate is a very short timescale. If people are interested and in a position to partner us we have set 28 th February as an initial deadline so there is some time to get everything in order for the application.
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