

---

<b>Title:</b>	<b>Children &amp; Young People – Active Start for Early Years in Eden</b>
<b>Date:</b>	<b>23 June 2022</b>
<b>Author:</b>	<b>Kellie Bradburn-Sims</b>
<b>Unit / Directorate:</b>	<b>Corporate, Customer and Community Services</b>
<b>Audience:</b>	<b>Eden Local Committee</b>

---

## 1. Purpose

- 1.1 To update Eden Local Committee on the development of the 0-19 Strategic Project for 2022/2023, which aims to provide training for early years practitioners in Eden to help them embed physical activity through foundation stage (aged 2-5) development and school readiness.
- 1.2 To seek the permission of Eden Local Committee to move forward with the Children and Young People's Active Start for Early Years Pilot Project in Eden which will be delivered by Active Cumbria.

## 2. Background

### 2.1 Importance of physical literacy in early years:

Physical activity, active play and movement support the development of the whole child. They not only help children become more physically literate but provide opportunities to support a range of key abilities including health and happiness, social, physical, creativity and problem-solving skills.

“Children learn more physical skills in their first five years than at any other time in their lives. 80% of their brain development takes place by the age of 3.” (*The British Heart Foundation National Centre for Physical Activity and Health, 2011*)

It is recommended that children under 5 should be taking part in 180 minutes of physical activity per day however evidence sadly outlines that for many this is not attained. Although data around participation levels in the Under 5's is limited the information that we do have access to is quite alarming. “Nationally, 90% of Girls and 91% of Boys aged 2-4 years **are not** achieving the daily minimum recommended CMO physical activity guideline for health and wellbeing.” (*The British Heart Foundation National Centre for Physical Activity and Health 2014*).

Of equal concern is the rise in sedentary behaviours in young children and the subsequent impact this has upon their longer-term health outcomes.

It should be noted that physical activity not only impacts upon a child's physical development and health and wellbeing, but equally contributes towards a child's academic attainment. “Physical activity is beneficial for the development of cognitive, motor and social skills, as well as and good metabolic and musculoskeletal health.” (*Physical Activity and Academic Achievement: An Umbrella Review – WHO, 2020*).

Prior to the Covid19 pandemic it was highlighted that:

“The poorest children start school 4.5 months behind all others and leave school at age 18 a staggering 18.1 months behind.” (*Education Policy Institute, Education in*

*England: Annual Report 2020, 2020*). The pandemic has further exacerbated these issues and it is predicted that the disadvantaged gap will widen between our poorest and most affluent communities.

## **2.2 Key Statistics and Data:**

Whilst the Covid19 pandemic does not allow us to capture robust data locally from the past year, we can however review previous years to provide evidence to inform the need. The local perspective is as follows:

- The 2018/19 NCMP identified the rate of children in Reception (age 4-5 years) classified as either overweight or obese is 22.1% (Eden) in comparison to a national average of 22.6%.
- The 2020/21 NCMP identified that 30.4% of Reception aged children in Cumbria are classified as either overweight or obese. Whilst we do not have access to data at a district level based upon the emerging trends we could make an assumption that this increase will be reflected locally.
- 46.9% of children in Eden aged 5+ achieved 60 minutes of physical activity per day according to the 2018/19 Active Lives CYP Survey compared to 46.8% in England.
- 72.6% of all children in Eden achieved a good level of development by the end of Reception in 2019 which was above the national average of 71.8%.
- However, in children eligible for Free School Meals the rate dips to 41.7%, below the National average of 57% and the Cumbria average of 50.1%.

## **3.0 Active Start for Early Years**

Active Cumbria's Active Start for Early Years programme was created through an identified need to support practitioners of early years develop confidence and competence in learning through active play, to help embed activity in children from a young age. A programme of training and resources was designed by the Active Cumbria Team to help practitioners incorporate activity into foundation development and learning. A pilot of the training programme was successfully delivered in West Cumbria. The programme is now reaching other areas where high levels of inactivity, overweight and obesity, as well as deprivation identify a need.

### **3.1 Eden Pilot Programme:**

The Active Start pilot programme will be delivered by Active Cumbria and will primarily focus on identifying and supporting settings across Eden using local data and insight linked to free school meals and childhood obesity. The evidence suggests that there is a clear correlation between inactive behaviours, poorer health outcomes and lower attainment levels in schools especially for those children accessing free school meals.

Children gain many benefits from an early age and it is important that we encourage and provide as many opportunities as possible for them to form their movement vocabulary. The Active Start programme has been developed to assist practitioners, parents, carers, and wider family members to do just that.

The programme itself will provide free training sessions and accompanying resources for those participating. In addition, parents and carers will be supported through

targeted family sessions aimed at increasing parent and child engagement through the means of physical activity and active play.

### **3.2 Practitioner Training, Resources and Family Sessions:**

The programme delivery and training will be arranged into three cluster areas, Penrith, Alston and Kirkby Stephen. In each cluster areas, the programme will provide access to training in central locations, creating an opportunity for urban and rural settings to take advantage of the programme offer.

The Eden pilot programme will have the capacity to train 60 of the total 67 registered settings across the district. The capacity for training places per cluster will be split according to the total number of settings in each cluster area.

The Active Cumbria team will endeavour to reach out to as many of the early years settings in Eden District as possible through promotion and marketing of the programme. Priority of available spaces in each cluster area will be determined by the number of children on free school meals and child obesity figures for reception age in each cluster area.

Training sessions aim to equip practitioners/teachers to support a child's physical development and help them to develop a wide movement vocabulary. Providing them with the confidence, competence, and inspiration to deliver all aspects of the early years' foundation stage curriculum through movement and play. Sessions will develop the following:

- an understanding of physical literacy and its importance
- increased knowledge in relation to movement activities
- skills and confidence to use physical activity and active play to support delivery of the wider early years' foundation stage curriculum

All those attending will be provided with a resource pack providing practical ideas and guidance to support increased physical activity opportunities within their settings. The resources provide many movement opportunities for children to become physically literate and develop their physical abilities whilst also outlining how the skills developed through these activities impacts on other crucial life skills. Furthermore, resources outline how each activity may be used to address both the prime and specific areas or learning within the early years' foundation stage curriculum.

Targeted sessions for parents/ carers and their children will also be held in the three cluster areas locations. Each participating family attending the sessions will receive a take home pack (activity cards and an equipment bag) to support further engagement in physical activity and their child's development.

### **3.3 Marketing and Promotion:**

The Active Cumbria team will provide marketing and communication support and resources at no additional cost as in-kind match funding. Additional items include PDF versions of the resources, certificates for practitioners and families, infographics/ posters to display and social media banners for promotion.

### **3.4 Evaluation and Monitoring:**

A series of outputs and outcomes have been identified to monitor the overall success and impact of the programme. Several processes and tools have already been

developed to monitor the wider Sellafield funded project and it is proposed to adopt these. An interim report will be produced highlighting outputs achieved and initial feedback, with an end of programme report produced 12 months later providing reference to the outcomes achieved and the overall impact of the programme.

### 3.5 Outputs and Outcomes;

#### 3.5.1 Outputs

- Recruit and provide training for a maximum of 60 Early Years practitioners.
- Provide accompanying training and delivery resources for early years practitioners attending the training.
- Provide a maximum of 180 Take Home Packs for practitioners to support additional activity
- Provide Take Home Packs and Learning opportunities for a maximum of 30 families attending the family sessions

#### 3.5.2 Outcomes

- Increased confidence and competence of practitioners in the early years to deliver the early years foundation stage through physical activity and active play.
- Increased knowledge and awareness of the CMO Physical Activity Guidelines relating to Physical Activity for Practitioners in early years.
- Increased awareness and uptake of the Healthy Families Cumbria Pledge.
- Targeted children aged 2-5 years demonstrate improved skills, knowledge, and attitudes to physical activity.
- Targeted children aged 2-5 years increase their participation in physical activity and play.
- Parents and carers feel more connected to their children and each other and are confident in being active together.
- Parents and carers feel better equipped to facilitate play and physical activity with their children.

### 3.6 Pilot Programme Breakdown of Costs:

The proposal below seeks to provide a focused offer for early years settings in Eden supporting clusters within the Penrith, Alston, and Kirkby Stephen areas.

<b>Early Years Focused Offer</b>
3 x Training session = £2,220
Early Years Practitioner Packs x 60 = £2,220
Take Home Packs for Practitioners (approx. 3 per setting) x 180 = £3,960
Take Home Packs for Family sessions x 30 = £600
Marketing and Communication – (in kind)
Programme coordination & administration = £1,000
<b>Total = £10,000</b>

### **3.6 Pilot Programme Launch and Delivery;**

With funding in place, the pilot project will aim to commence in September 2022. The Active Cumbria team will focus on delivery of training and support through the academic year 2022/2023, working towards achieving the identified outputs and outcomes in section 3.5 above.

### **4. Recommendation**

Eden Local Committee agrees to supports the Active Start for Early Years Pilot Project in Eden and contribute £10,000 of funding from the 0-19 Strategic Budget for 2022 – 2023, which is fully supported by the Children and Young People`s Working Group.