

## **How Skerton St Luke's supports Active 60 Minutes**

We help children achieve their activity targets by providing:

### **In School (30 minutes minimum)**

- Active PE lessons delivered through the Lancashire PE Passport curriculum
- Daily active classroom breaks (e.g., movement breaks, active learning tasks)
- Outdoor play and structured lunchtime activities
- Playground leaders supporting active games
- The Daily Mile or similar fitness activities
- High-quality equipment available during breaks and lunchtimes

### **Beyond School (Encouraging a further 30 minutes)**

We encourage all families to help children stay active through:

- Walking, scooting or cycling to and from school
- Local sports clubs and community activities
- Playing outdoors with friends
- Simple home activities such as skipping, dancing or ball games

### **Why Active 60 Minutes Matters**

Being active for at least 60 minutes a day helps children to:

- Build stronger muscles and bones
- Develop physical skills and confidence
- Improve mental wellbeing and resilience
- Boost concentration and behaviour in class
- Maintain a healthy weight
- Foster positive lifelong habits

### **Our Commitment**

At Skerton St Luke's, we believe every child should have the chance to enjoy movement, value their health and take part in fun physical activities every day.

Active 60 Minutes is at the heart of our PE and wellbeing approach, helping us to develop happy, confident and active learners.