

Supporting a Daily Mile in Schools - physical activity options for Southwark

Schools Physical activity, health & wellbeing and weight management

Activity	Supplier	Contact	Cost
BMX	Peckham BMX track at Burgess Park offers pupils the chance to improve cycling skills, and ride a national standard BMX track. Sessions can accommodate up to 15 or 30 pupils at a time from year 5 upwards. Supplied with the booking is the loan of a top of the range BMX bike, helmet and gloves for each pupil. Instruction is carried out by British Cycling Level 2 qualified coaches who will cater for a broad range of abilities. For more information please contact us.	Alastair.Findlay@southwark.gov.uk	Supplied on request
Free swim and gym	Southwark residents can access free gym and swim sessions within the Leisure Centres (age and capacity restrictions will apply). The free access times are all day Friday, and from 2pm until the centre closing on Saturday and Sunday's. Registration is required before access can be provided.	Leisure Facilities in Southwark (southwarkleisure.co.uk)	Free
Daily Mile	Encourages children to run, walk or jog for 15 minutes every day in their school at a time of the teacher's choosing - promoting social, emotional and mental health	The Daily Mile foundation: https://thedailymile.co.uk/	Free

	and wellbeing.		
Southwark Adventure Playgrounds	Southwark's adventure playgrounds are supervised by experienced and trained staff with facilities that cater primarily for children and young people of school age and ability. With a strong emphasis on free play, children and young people are encouraged	www.southwark.gov.uk/parks-and-open-spaces/adventure-playgrounds	Free open access
Fitt Inn	Fitt-in provides an online solution to help reduce pupil sedentary time, without the need to leave the classroom. On screen graphics, music and choreographed routines, immediately engage pupils. With videos regularly added to the play list, this is a tool that schools can use for years. Weekly reports highlight levels of activity and evidence impact. Schools purchase an annual Fitt-in license and teachers use their school email address to access videos.		£8 per pupil for 12 months - for a 1 form entry primary school this works out to £1,440 5% discount to annual license fee for Beat The Street Schools

Active Travel

TfL STARS Programme	This TfL STARS Programme is a TfL accreditation scheme for	https://stars.tfl.gov.uk/	Free
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	London schools to participate in active travel. The aim is to inspire young Londoners to travel to school sustainably, actively, responsibly and safely by championing walking, scooting and cycling by writing a School Travel Plan.	Gary.Douglas@southwark.gov.uk	
Fix a Bike	Fix a Bike is a bike maintenance scheme for 10–14 year olds who are entering the world of independent travel. The scheme aims to equip pupils with the necessary skills to re-build and fix a bike which has been donated or abandoned and use to travel to school.	highways@southwark.gov.uk	Free
Pedestrian training	Available to all Southwark's schools throughout the year.	highways@southwark.gov.uk	Free
Cyclist training	Free cyclist training for those aged 10 year plus.	highways@southwark.gov.uk	Free
Scooter training	Ideal for Early years and Key Stage 1	highways@southwark.gov.uk	Free
Independent Travel Training Bus	Year 6 to adult with SEN, disabilities and who are vulnerable.	highways@southwark.gov.uk	Free
Road Safety for Parent/Carers	In a friendly and informal way we will explain what we offer to schools and how parents/carers can support their children. We also offer parents/carers an opportunity to experience the practical pedestrian training	highways@southwark.gov.uk	Free
Junior and Youth Travel Ambassadors	Schemes encourage peer-to-peer engagement to promote safer, active and independent travel within the school community. It's a fun and	highways@southwark.gov.uk	Free

	engaging way for pupils in year 5 and 6 (JTA) and year 9 (YTA) to spread important messages and build skills for life.		
Sustainable Travel	Active, Responsible, Safe – STARS an accreditation scheme for schools to inspire young Londoners to travel sustainably, actively, responsibly and safely.	highways@southwark.gov.uk	Free
Walking Challenge	Taking place during January and June. Who will be Southwark's walking champion school in 2017/18?	highways@southwark.gov.uk	Free
Welly Walks	Welly Walks are aimed at Early Years/KS1 and take place in a number of Southwark's parks with fun themes and storytelling. Children walk down to their closest park where they can then listen to a story and take part in other fun activities. Like the name suggests we go out in all weather! By taking part in the Well Walks, schools can earn extra points towards becoming Southwark's Walking Champions	highways@southwark.gov.uk	Free

For further information on any of these initiatives please contact highways@southwark.gov.uk

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