



Believe Achieve Succeed One School One Dream See it. Believe it. Achieve it.

Fit in Fifteen

BeDifferent
Federation



BeActive
DIFFERENTLY



Fit in Fifteen

Last month, the government launched a 10 Year Health Plan, which put forward a range of measures to tackle growing rates of childhood obesity. Sadly, obesity rates have doubled since the 1990s, including among children. A forthcoming report by the Chief Medical Officer will show that more than 1 in 5 children are living with obesity by the time they leave primary school, rising to almost 1 in 3 in areas with higher levels of poverty and deprivation.

Measures included in the 10 Year Health Plan include:

- launching a world-first partnership with food retailers and manufacturers to help families make healthier choices
- restricting junk food advertising targeted at children
- reforming the soft drinks industry levy to drive reformulation

This 2-pronged approach of encouraging active lifestyles and healthy diets aims to tackle the UK's most preventable chronic illnesses, such as diabetes and cardiovascular disease, while tackling the £11.4 billion bill that obesity costs the NHS a year.

In the BeDifferent Federation, we know that being physically active is good for physical and mental health. We want to provide additional opportunities for our children that get them moving more and enjoying activities that they will want to return to time and time again.

As educators, we have a responsibility to be role models to our children and find different ways to actively engage them in physical activity. With our Fit in Fifteen model, all children will spend 15 minutes, three times a week taking part in a variety of games and sports with their peers and teachers. All staff are to engage in the activities with the children – this will replace playtime for Years 1 and 2, three times a week. It will replace the 'run a mile' initiative, as we look to find alternative ways to engage more children.

With different activities being provided from one week to the next, there will be something for everyone. Children in upper Key Stage Two will continue to develop their role as young sports leaders, as will start to take the lead in planned sessions.

Below is a list of games and activities that can be included each week. It would be advisable to mix the activities but if choosing a game that requires equipment (e.g. tennis) then this remains for the three sessions that week.



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Circle/whole class games	
without equipment	With equipment
Duck, duck, goose	Tennis
Fishes in the net	Badminton
Ladders	Hockey
Fruit salad	Cricket
Catch, don't catch	Dodgeball
Pirate ship	Tag rugby
Stuck in the mud	Skipping
Elephant football	Aerobics
Monkey football	Parachute
Cups and saucers	
Body part 'down'	
Centre circle hot potato	
Capture the flag	
Relay races	
Red light green light	
Obstacle course	
Circuits	



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	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
20.04.26	Non-equip games	Non-equip games	Non-equip games	Non-equip games	Non-equip games	Non-equip games
27.04.26	Skipping	Dribbling drills	Dodgeball	Hockey	Dodgeball	Tennis
04.05.26	Aerobics/dance	Aerobics/dance	Aerobics/dance	Aerobics/dance	Aerobics/dance	Aerobics/dance
11.05.26	Parachute games	Non-equip games	Cricket	Non-equip games	Dribbling drills	Non-equip games
18.05.26	Non-equip games	Skipping	Non-equip games	Dribbling drills	Non-equip games	Dribbling drills
01.06.26	Dodgeball	Non-equip games	Badminton	Non-equip games	Aerobics/dance	Non-equip games
08.06.26	Non-equip games	Dodgeball	Non-equip games	Skipping	Non-equip games	Badminton
15.06.26	Dribbling drills	Non-equip games	Skipping	Non-equip games	Badminton	Non-equip games
22.06.26	Non-equip games	Skipping	Non-equip games	Team games	Non-equip games	Rounders
29.06.26	Skipping	Non-equip games	Team games	Non-equip games	Tennis	Non-equip games
06.07.26	Non-equip games	Team games	Non-equip games	Hockey	Non-equip games	Team games

All items of PE equipment that are required for Fit in Fifteen will be stored **separately** from the main PE cupboard. Please **do not** use the PE items for these activities.

Items will be stored in the playground shed and are to be stored together. These items **will not** be used for playtimes without supervision.

Please note, **children are not to access the PE cupboard or playground shed.** This is a health and safety risk.



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