



Support for Schools 2025-2026

Introduction

Active Cumbria is one of 42 Active Partnerships covering the whole of England. We are hosted by Cumberland Council and part of Public Health, Customer and Community Wellbeing. We are passionate about our mission of 'improving lives through physical activity' and have an ambitious 5-year plan and vision whereby 'everyone in Cumbria is enjoying an active lifestyle.'

As highlighted in the 2023 School Sport and Activity Plan (July 2023), 'High quality physical education (PE) and sport are a vital part of what makes a great school.' We are here to support you in achieving this.

The latest Active Lives data for Children and Young People (CYP) shows Cumbria is below the national average for the number of CYP meeting the Chief Medical Officers' recommendations of doing an average of 60 minutes activity every day. 27.9% of children are doing less than 30 minutes of activity every day.

Cumbria Headline Statistics for Sport & Physical Activity - Children & Young People*

Sport and Physical Activity Levels

The percentage of children that are meeting the new Chief Medical Officers recommendations of 30 minutes of their daily physical activity through the school day and 30 minutes outside of school.



children and young people in Cumbria are meeting the new Chief Medical Officers recommendations of doing an average of 60 minutes activity every day = 44.6%

compared to 47.8% in England



children and young people in Cumbria are doing an average of less than 30 minutes of activity every day = 27.9%

compared to 29.6% in England



67.8% of children in Cumbria can swim 25m unaided



compared to 60.2% in England

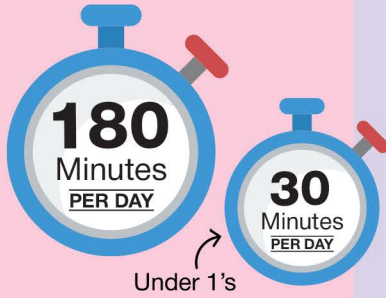
*Data from Active Lives Survey 2023-2024



UK Chief Medical Officers' Physical Activity Guidelines

Early Years (Birth-5 years)

Aim for at least



Children & Young People (5-18 years)

Aim for an average of at least



Disabled Children & Young People

For good health benefits do



Benefits of being active



Builds **Relationships**
& **Social Skills**



Builds **Confidence**
& **Social Skills**



Increase **Confidence**
& **Concentration**



Develops **Muscles**
& **Bones**



Improves **Health**
& **Fitness**



Improves **Muscles**
and **Motor Skills**



Encourages
Movement
& **Coordination**



Improves
Concentration
& **Learning**



Calmer, Less
Stressed & **Greater**
Mental Health

Spread activity throughout the day



Object Play



Games



Run/Walk



Workout



Sport



Swim



Climb



Bike



Active Travel



Dance



PE



Playground

Every Move Matters - Make activity a part of your everyday

Support for Schools

Our overarching aim is for more children and young people to be active. We recognise that we can't do this alone and one of our key roles is to provide support to schools across the county to help us achieve this.

We know the importance of healthy development and believe that embedding a positive relationship with physical activity in our young people leads to lifelong commitment to an active and healthy lifestyle. We want to build on the great work already being done by many schools and provide support as and when needed.

Our offer is centred around supporting schools to embed physical activity and active travel into their ethos and is captured in the following five key aims. Each aim is supplemented by a range of specific services, programmes and events and these are detailed in the following pages.

We aim to:

- Help schools understand their current position with regard to physical activity, active travel and sport provision.
- Provide access to a variety of extra-curricular physical activity, active travel initiatives and sport provision.
- Deliver relevant CPD and learning opportunities.
- Develop skills and confidence in subject leadership in Physical Education.
- Increase opportunities for participation in sport for less active and SEND children through a comprehensive School Games offer.

Throughout this document we have included QR codes which link directly to the Active Cumbria website where you will find further information and support.



Help schools understand their current position with regard to physical activity, active travel and sport provision.

We can support schools to identify their strengths and areas to develop. This includes the use of specific tools such as the Active Lives Children's Survey. We are also able to support schools on a one-to-one basis to help you identify areas to improve, prioritise effectively and offer initiatives and ways of working to support your development.

Active Lives Survey

Each year, around 50 schools from across Cumbria are randomly selected to complete the Active Lives Children and Young People Survey, which is a national survey commissioned by Sport England. Following completion of the survey, schools receive a comprehensive report covering measures of children's activity levels, physical literacy, swimming proficiency, wellbeing, self-efficacy and levels of social trust. Using this report, we can support individual schools to develop their approaches to physical activity.

As part of the report, schools will receive a certificate from the DfE Healthy Schools rating scheme. There is also an equipment incentive for taking part and schools can access at least £100 worth of credits to spend on a range of sports equipment.

We actively encourage schools to complete the survey as the data provides the Government and other partners with a broad and deep understanding of activity levels and behaviours, to help shape future policy and investment decisions. Active Cumbria staff are available to visit your school and help with the survey completions.

Thank you to the 22 schools who completed the survey in 2024-25 providing a total of **3762 responses**



Department for Education

School Travel Plans

A School Travel Plan is a practical tool to help schools who are reviewing their transport and congestion issues. Travel Plans are also a requirement for certain planning applications for school building developments.

The Active Travel to School team offer guidance, templates and liaison with council colleagues to support development and implementation of sustainable travel approaches. Additionally, School Travel Plans embed sustainable travel policy into school documentation in support of the Sustainability and Climate Change Strategy for Education (DfE).

Mr Stockdale and pupils of Maryport Cof E School receiving their British Orienteering kit which they ordered through the Active Lives equipment incentive.



Provide access to a variety of extra-curricular physical activity, active travel initiatives and sport provision.

There are numerous programmes and resources that we offer ourselves or are provided by partner organisations to support schools with extra-curricular physical activity, active travel or sport provision. We have a dedicated section on our website for such offers. If you cannot find what you're looking for please contact one of the team who will be happy to help. Further details of some specific programmes and resources are provided below:

50 & 100 Mile Challenge



These programmes have been developed in partnership with New Balance as a cost effective way to help schools and early years settings support all children to meet the levels of physical activity recommended by government.



The challenge is simple, participating settings and schools help their children to complete and record miles of physical activity during the academic year. It's 50 miles for early years settings and 100 miles for schools and miles can be measured through walking, running, skipping, scooting, cycling, swimming and other means. Schools are provided with all the resources they need and can use their PE and Sport Premium funding to cover costs.



Activity Finder



The Active Cumbria website includes a handy, easy to use activity finder listing clubs, classes and other physical activity taking place in your local community. This is an ideal resource to encourage the pupils in your school and their families to find new ways to keep active outside of the school day.



Active Travel to School



Active Cumbria's Active Travel to School team supports active and sustainable travel approaches for children, parents and carers. There are several effective programmes in place to support schools to encourage modal shift towards regular active travel.



Bikeability Cycle Training

All primary school children are offered Level 1 & 2 cycle training in Key Stage 2, with additional funding available for Level 3 training for secondary school students. We are able to support special schools to deliver a bespoke offer for their students. Training is delivered by our highly experienced partner Cyclewise.

County Initiatives

County initiatives provide opportunities for schools to promote active travel and support long term behavioural change. The Active Travel to School Team's Flagship Feet First Challenge takes place once a term to complement national initiatives such as Cycle to School Week and Walk to School Week. Feet First is designed to be fun, accessible, and achievable – all resources are provided and there is virtually no admin for school staff.

Walk to School Challenge

WOW – the walk to school challenge is a pupil-led initiative run by UK charity, Living Streets. Children self-report how they get to school every day, with those who walk, wheel, cycle, scoot or Park and Stride at least once a week awarded collectible WOW badges.

WOW has been helping to reduce congestion and pollution at thousands of schools for 20 years. On average, WOW schools benefit from **59%** fewer car journeys to the school gates and **43%** more active journeys. Thanks to funding from Active Travel England, schools are eligible for free WOW resources, including access to the WOW Travel Tracker.

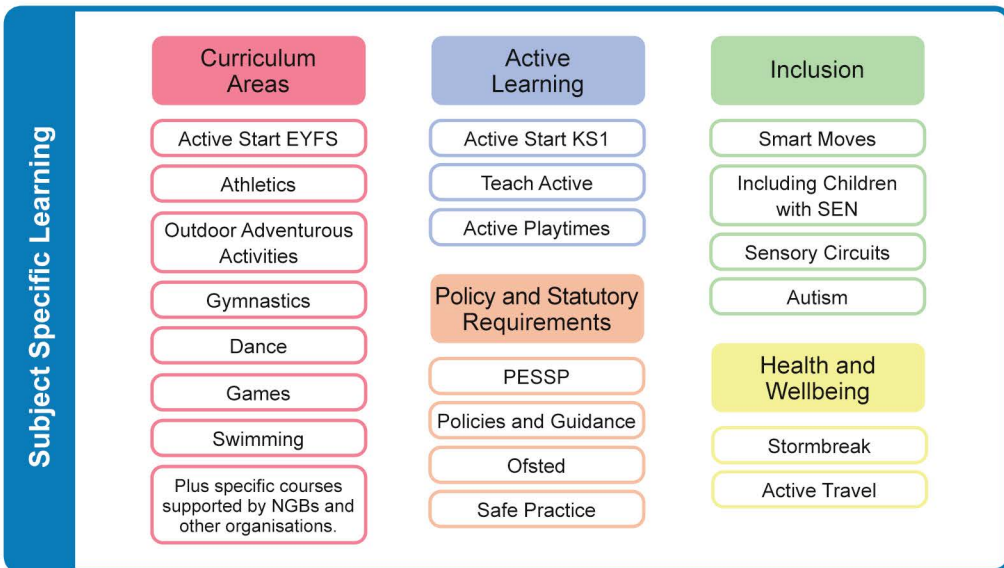
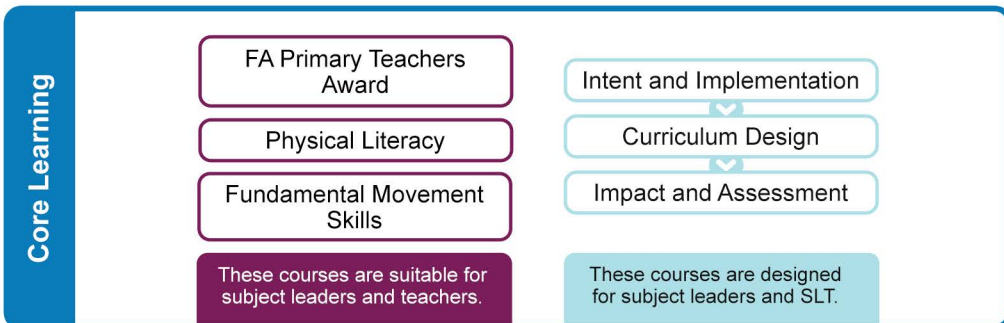
WOW the WALK TO SCHOOL challenge

2025/26

The Active Travel to School offer is a free resource for all schools. Contact our Active Travel Officer Jodie for further information: jodie.laird@cumberland.gov.uk

Delivering relevant CPD, learning and networking opportunities

We are committed to sourcing a range of high quality, needs-led CPD opportunities for those working in schools. The diagram below shows the variety of training we can provide. In 2025-2026 courses will be planned on a needs basis. For more information or to make a booking please contact kirsty.williamson@cumberland.gov.uk



Barclays Girls' Football in Schools



Join the Barclays Girls' Football in Schools Programme – It's Free!

Active Cumbria is the Digital Strategic Partner Lead for this exciting initiative, helping schools give girls equal access to football.

Register in just two simple steps to unlock:

- Free digital resources
- CPD for staff
- Support to embed girls' football in your school

Let's make football part of every girl's school experience.

Develop skills and confidence in subject leadership in Physical Education

We are delighted to work with a range of experts and training providers to support subject leaders, SLT and governors. Regular emails to PE Subject Leads share important local and national information.

If you don't already receive these emails please contact kirsty.williamson@cumberland.gov.uk

PE Network Meetings



Our Cumbria PE Network Meetings are online events, designed to remove the barrier of time taken to travel to meetings. These termly meetings include CPD input from a keynote speaker, county updates and breakout rooms for locality areas. Previous topics have included: developing an active curriculum, support with inclusion, School Games rationale and how to explain your curriculum. If you have any requests for content please let us know.

Visit the website to find out more and book your free place!
Scan the QR code.

Subject Leader Meetings



We organise face-to-face meetings for subject leaders in line with demand or when there is significant new information to share. These meetings are supported by local and national experts. If you are interested in attending these, please make sure we have your contact details.



Support increased opportunities for participation in sport for less active and SEND children through a comprehensive School Games Offer.

The Cumbria School Games is part of the national School Games programme, designed to inspire young people to be active for life through positive engagement with physical activity and sport. In line with the national aims, we will use the Cumbria School Games to tackle inequalities in participation in sport and physical activity.

We are committed to our ambition of targeting less active and SEND children and young people to be part of the Cumbria School Games in the coming academic year by providing opportunities for the children who don't usually get chosen to represent their school at sporting events.

We continue to enjoy our partnership with Panathlon and are excited to provide a range of events throughout the county including bowling, multi-skills, kurling, boccia and swimming.

In recognition of the challenges children face when moving to secondary school, we are delighted to offer our transition event developed in partnership with local provider HP Activities. This multi-skills event brings together Year 6 and Year 7 students from the same area in an enjoyable, collaborative and developmental environment.

Full details of our events can be found in the 2025 – 2026 School Games Handbook which is published in the Autumn term and can be found on our website.

Each area of Cumbria has a local School Games Organiser (SGO) who organise local events and festivals throughout the year and work towards the five School Games outcomes, these are:

- 1 Advocate and position the delivery of the CMO daily active minutes for all young people, as a universal offer to maintain and grow school engagement**
- 2 Ensure all competition has a clear intent and creates positive experiences based on the motivation, competence and confidence of the young people that need our support the most**
- 3 Have a clear focus on secondary school engagement and transition points**
- 4 Support the personal development of targeted young people through youth engagement and leadership**
- 5 Advocate and engage key stakeholders on the value of School Games to support local provision and improve the experience for young people and their families**

Please contact Project Officer, Katie Butcher-Robinson for further information: katie.butcher-robinson@cumberland.gov.uk



Contact your School Games Organiser

Allerdale

Sarah Scott
s.scott@netherhall.cumbria.sch.uk
07921 225865

Carlisle

Karen Cook
carlisesgo@rrca.org.uk
01228 822060 (ext 4507)

Copeland

Chantal Malan
cmalan@whitehavenacademy.org.uk
01946 595400

Eden

Oli Luke
oli.luke@ksgs.cumbria.sch.uk
017683 71693

Furness

Jason Walker
sgo@furnessacademy.co.uk
01229 484270

South Lakeland

Steven Jamieson and Tim Fletcher
jamieson.sm@gmail.com /
timothy.fletcher@bay.staracademies.org
07966 488617 / 07917 873616

YST Lead Inclusion School

The YST Lead Inclusion Schools are inclusion champions and visionaries for what high quality, meaningful and inclusive PE and school sport should look like for every child. They work to empower teachers to be more inclusive in their practice, provide meaningful competition pathways for young people, raising their aspirations and providing inclusive leadership opportunities.

YST are currently recruiting the 2025 – 2026 Lead Inclusion School for Cumbria. If you need any support please contact SEND@youthsporttrust.org

YST INCLUSION SCHOOLS

We are here to help

We hope you are now familiar with the support Active Cumbria can provide to your school. You can find further information on our website. Please get in touch – we look forward to supporting you and your school to encourage more children and young people to be active.

Contact **Kirsty Williamson**, CYP Development Officer
kirsty.williamson@cumberland.gov.uk - 07385 969253

Jodie Laird, Active Travel Officer
jodie.laird@cumberland.gov.uk - 07747 693395

Katie Butcher-Robinson, Project Officer
katie.butcher-robinson@cumberland.gov.uk
- 07867 152617





Cumberland Council

Published by
Cumberland Council
September 2025

Active Cumbria
Cumberland Council
Cumbria House
107-117 Botchergate
Carlisle CA1 1RD
01228 226885

feedback@activecumbria.org
www.activecumbria.org

If you would like to request a copy of this document in different formats such as large print, Braille, audio or in a different language call **01228 226885** or email feedback@activecumbria.org

للوصل إلى هذه المعلومات بلغتك، يرجى
الاتصال **01228 226885**

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ
করে **01228 226885** নম্বরে টেলিফোন করুন।

如果您希望通过母语了解此信息，
请致电 **01228 226885**

Jeigu norétumète gauti šią informaciją savo kalba,
skambinkite telefonu **01228 226885**

W celu uzyskania informacji w Państwa języku proszę
zatelefonować pod numer **01228 226885**

Se quiser aceder a esta informação na sua língua,
telefone para o **01228 226885**

Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen
01228 226885 numaralı telefonu arayınız