

### FAQ'S

#### What is Fit in 5 and how did it begin?

Last year, a school in Scotland introduced The Daily Mile which received a lot of national press. We spoke to teachers at the Ceredigion Healthy Schools meeting last year and received some valuable feedback – a mile was a bit long (especially for the foundation phase), some schools did not have the yard/space and it would take quite a bit of time out of the classroom. We then developed a 'similar approach' that was easier to implement and sustain but more importantly ensured inclusivity and the development of pupil's Physical Literacy.

Our project asks schools to do 5 minutes of physical activity every day in school – in addition to play times and PE lessons. See the promotional video [here](#).

#### How do schools take part in Fit in 5?

This is entirely up to the school to tailor it to their needs. Some schools like to timetable it into their daily routine while other like to leave it up to the class teacher to gauge when the children need to be energised. Children can do a variety of skills and activities throughout the week.

#### What are the benefits to our school?

We have outlined the benefits in our promotional video. Have a look [here](#). Daily exercise has a positive effect on concentration and achievement, improves psychological wellbeing, increases blood flow to the brain and reduces the risk of developing illness.

#### What do schools need to do? How do we sign up?

Just let us know that you are interested by signing up [here](#). Decide what classes will be taking part and then our staff will come in to your school to share ideas on a range of different activities that are appropriate. These activities will aim to improve physical fitness and wellbeing as well as improve physical skill.

#### Do we need to get changed into PE kit to take part in Fit in 5?

No, in a similar way to children taking part in 5x60 activities in secondary schools, children do not need to waste time in changing for this short activity. Some schools choose to change into trainers if they are running but most sensible footwear should be ok.

#### Can Bronze Young Ambassadors get involved?

Yes, of course. This is an excellent activity for them to lead. Just remember, the Fit in 5 sessions should be additional to play times and your PE lessons.

#### How do we measure the impact of Fit in 5?

We are keen to hear from schools taking part in Fit in 5 to set up case studies and to monitor the impact the project has had on the pupils in their school. If you are interested in being a case study, please let us know.

#### How much does it cost?

There is no cost for schools to take part in Fit in 5. Support will be given in the form of mentoring from Ceredigion Actif staff.



### What is the feedback from schools and staff already taking part in Fit in 5?

“It is so important that all children enjoy a wide range of physical activities as part of their development. Learning Services fully supports the Ffit yn 5/ Fit in 5 project as an excellent opportunity for children to improve their skills, fitness and enjoyment of exercise.”

**Matthew Brown, Head of Learning Services**

“There are many benefits to taking part in this programme including improving physical and mental wellbeing and pupil’s concentration levels. This initiative will allow pupils to feel good about themselves as they seek out new opportunities and take part in a variety of physical activities on a daily basis.”

**Lucy Davies,**

**Ysgol Llwyn Yr Eos Foundation Phase coordinator**

“As a simple and innovative approaches to improve the health and wellbeing of children during the school day, it is hoped that Ceredigion primary schools will take part in Fit in 5. With no set up, equipment, or changing time required (pupils run/walk in their uniform), the simple initiative Fit in 5 is adaptable to suit the needs of all primary schools. We believe this is an effective and sustainable way of implementing a project similar to the Daily Mile but with increased benefits.”

**Alwyn Davies, Ceredigion Actif**

### What is the long term aim?

The aim is to get all of Ceredigion’s Primary Schools involved in this free and rewarding project. The benefits of taking part are holistic and effect pupil’s wellbeing as well as attainment.

### Is Fit in 5 inclusive?

Yes. This non-competitive project is open to all abilities as well as children with disabilities or learning needs. The activities are designed to improve each individual child’s stage of development and not what age they are at.

### Does daily exercise help improve attainment?

A recent report in a national newspaper reported that children who took part in daily exercise reported a significant increase in attainment. “The first-ever study into the effect running a mile a day has on children has proved those who take part do better at school. Children who ran a Daily Mile performed up to 25 per cent higher than expected in reading, writing and maths. They were also fitter, more confident and better behaved.

Visit [www.ceredigionactif.org.uk](http://www.ceredigionactif.org.uk) to sign up online and one of our officers will contact your school.

