

# Good practices in HEPA

## NAME OF THE ACTIVITY

Creating Active Schools (CAS)

## LEADING ORGANISATION

Bradford University

## COUNTRY

 United Kingdom

## HEPA-RELATED TOPIC

Physical activity among children and youth

## TYPE OF ACTIVITY

Use of evaluative and iterative strategies, Provision of interactive support, Adaptation to the delivery context, Development of stakeholder relationships, Training and education of stakeholders, Support for practitioners, Engagement with CAS users, Use of financial strategies, Changes to infrastructure

## TARGET GROUP

Local actors (e.g. local authority, multi-academy trusts, local schools)

## OBJECTIVES

To transform school physical activity culture so that every child can be active every day by adopting a systems place-based approach to promoting evidence-based practice for physical activity in schools.

## ACTIVITIES

CAS uses a cascade model of support by working at a national, locality and school level in a place-based way to build communities of practice. The national team recruits, trains and supports localities (local authorities, multi-academy trusts) who identify local leads to recruit, train and support local schools. CAS uses an annual 4-stage cycle that involves assessing the current provision for physical activity (PA), creating an action plan, delivering PA initiatives and monitoring impact. Schools are supported via learning communities and online tools / training. The CAS cycle aligns with the school development planning process. Initiatives include policy and environment changes and training staff to support PA across seven different opportunity areas (e.g. class lessons, physical education, breaktime, active travel).

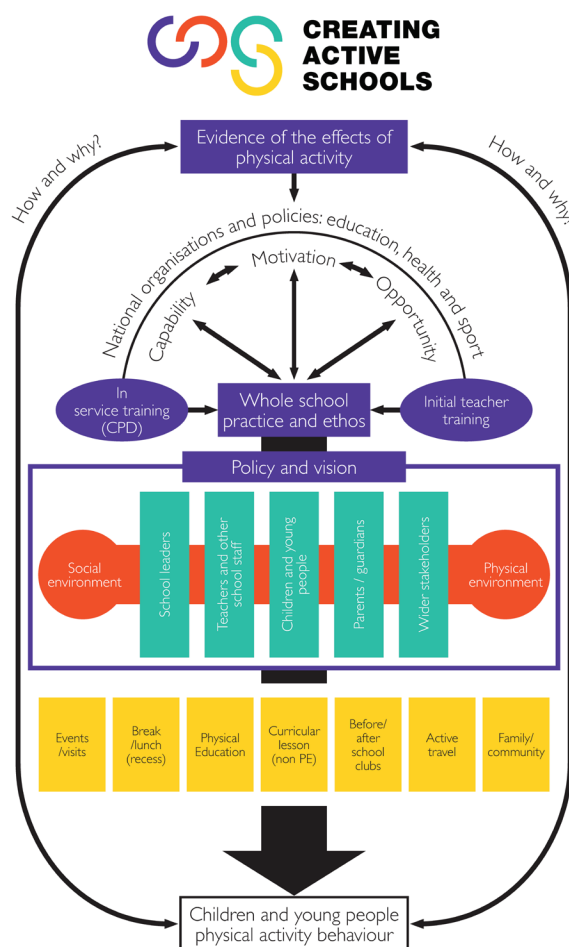
## RESULTS / EVALUATION

Today 172 schools have joined CAS, with a further ~100 schools expected to join the pilot in September 2022. National rollout commences in September 2023 and is scheduled to recruit a further 200-250 schools by September 2024. CAS demonstrates acceptability and feasibility and maximises locality-school connections.

The Bradford pilot (data collection ongoing, 23 schools) suggests that at 9 months CAS improves school PA organisational culture, staff PA support and PA provision within academic lessons, PE and active travel. School staff motivation and opportunity to adopt and implement PA improved.

## TIPS & TRICKS

We know how important it is to base new ways of working on research and evidence which is why we've only worked with internal experts and school practitioners to develop the CAS Framework. Since its inception in 2018 we have seen the significant impact it has made in dozens of schools, leading to better engaged, higher achieving and more active pupils.



## WEBSITE

[www.creatingactiveschools.org](http://www.creatingactiveschools.org)

## CONTACT

[www.creatingactiveschools.org/contact](http://www.creatingactiveschools.org/contact)