



Briefing note for Schools

Joy of Moving Home School Festival

What is the Joy of Moving Programme?

- Joy of Moving is designed to inspire active lifestyles in children.
- The Joy of Moving programme consists of two elements: the Move & Learn project delivered over six weeks to Year 5 children and one day whole-school Joy of Moving Festivals in primary schools.
- The programme has been funded over the past five years in the UK by Ferrero as part of its CSR (Corporate Social responsibility) programme.
- It is managed by national charity English Football League Trust and delivered by football club charities. Over 310,000 children have taken part in the last six years.
- This Joy of Moving inspires children to move through play whilst developing key skills in four major areas: **physical fitness, motor coordination, cognitive functions and creativity and life skills**. The child centred educational model was developed by international academics led by Professor Caterina Pesce at Foro Italico (Rome University).
- Our six week programme (90 minutes per week) helps children to learn about how to have a balanced lifestyle combining healthy eating habits with an understanding of the positive benefits of physical activity through play. It is approved by the British Nutrition Foundation.

Joy of Moving moves online to support families

- Now, in very challenging times, we have moved the programme that is usually delivered by coaches in schools to online so that more families and age groups can benefit from the fun games and activities. We've made sure that the games can be done in a small space too.
- We understand that many parents and families are struggling at the moment to keep their children engaged. Home schooling during the lock down can be challenging.
- In response to feedback we have now created a website and resource hub for the Joy of Moving which contains ideas to get children to move and be active but with play and fun at the heart. All games and activities are designed for children and families to do at home or in the garden as part of their daily activity. The website is <https://www.joyofmovingresourcehub.co.uk>



The Joy of Moving Home School Festival

- The Joy of Moving Home School Festival consists of a flexible up to three-hour timetable of activities on the theme of active healthy lifestyles. It is designed to be fun. Activities include group or individual led options.
- It is aimed at Key Stage Two children and we hope to get as many involved in your school as possible.
- We recognise that children may miss out on a traditional sports day and activity day this year. So schools up and down the country will be participating in getting children active through The Joy of Moving Home School Festival.
- It will happen during the week 18th to 22nd May. Schools are free to choose which afternoon children should take part.
- Hundreds of schools will be taking part across England, Wales and Scotland.
- The resources are available as a digital file to be sent by schools to parents. The file includes sections which can be printed at home if possible. If you know children have no access to IT at home we ask that you print and post sections to them.
- Children will be invited to ask parents to post photographs and video clips on social media but this is entirely voluntary. There is also a competition element in the pack where three families can win £500 worth of sports equipment for their local schools.
- Your local football club and high profile footballers will also be posting clips to join in the fun.