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# **JU:MP Schools 2021-2023**

**An overview of the JU:MP Programme and  
our proposed offer to schools**

## What is JU:MP?

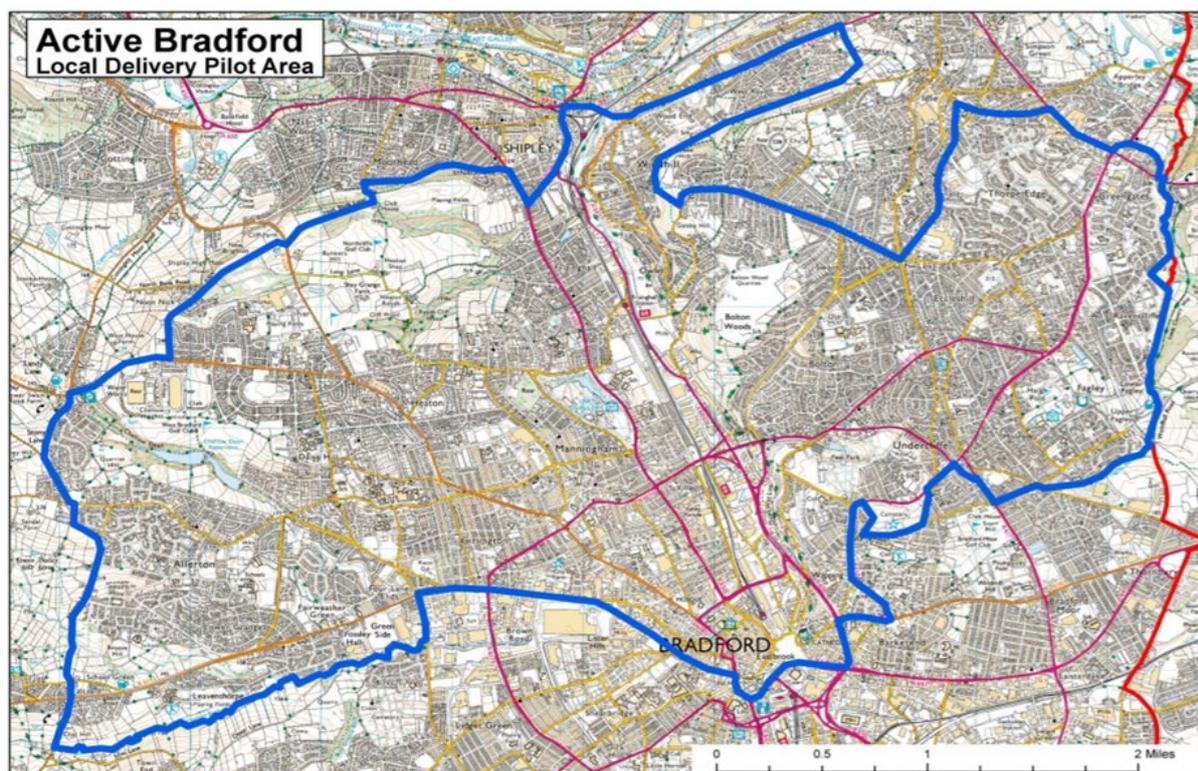
Bradford is one of 12 Local Delivery Pilots (LDPs) across the country, funded by Sport England, aiming to better understand what helps people to be active in their communities. Sport England are investing up to £8 million of Lottery Investment in the JU:MP Programme over the 5 year programme (that commenced in 2019) to evaluate the impact of taking a whole systems approach to physical activity. Born in Bradford, a research programme hosted at Bradford Teaching Hospitals NHS Foundation Trust, are leading the pilot on behalf of Active Bradford.

Please see <https://www.activebradford.com/jump> to access a summary video of the programme and further information.

## Why it Matters

Research has shown that low levels of physical activity during childhood and adolescence can have a negative impact on children and young people's academic achievements, social abilities and life skills, as well as their health. Born in Bradford data has shown that 77% of 5-11 year olds don't do the recommended 60 minutes of moderate to vigorous activity each day and 38% leave primary school overweight or obese. Being active doesn't only improve children's physical health, but also their emotional wellbeing, meaning that active children are more confident and happier.

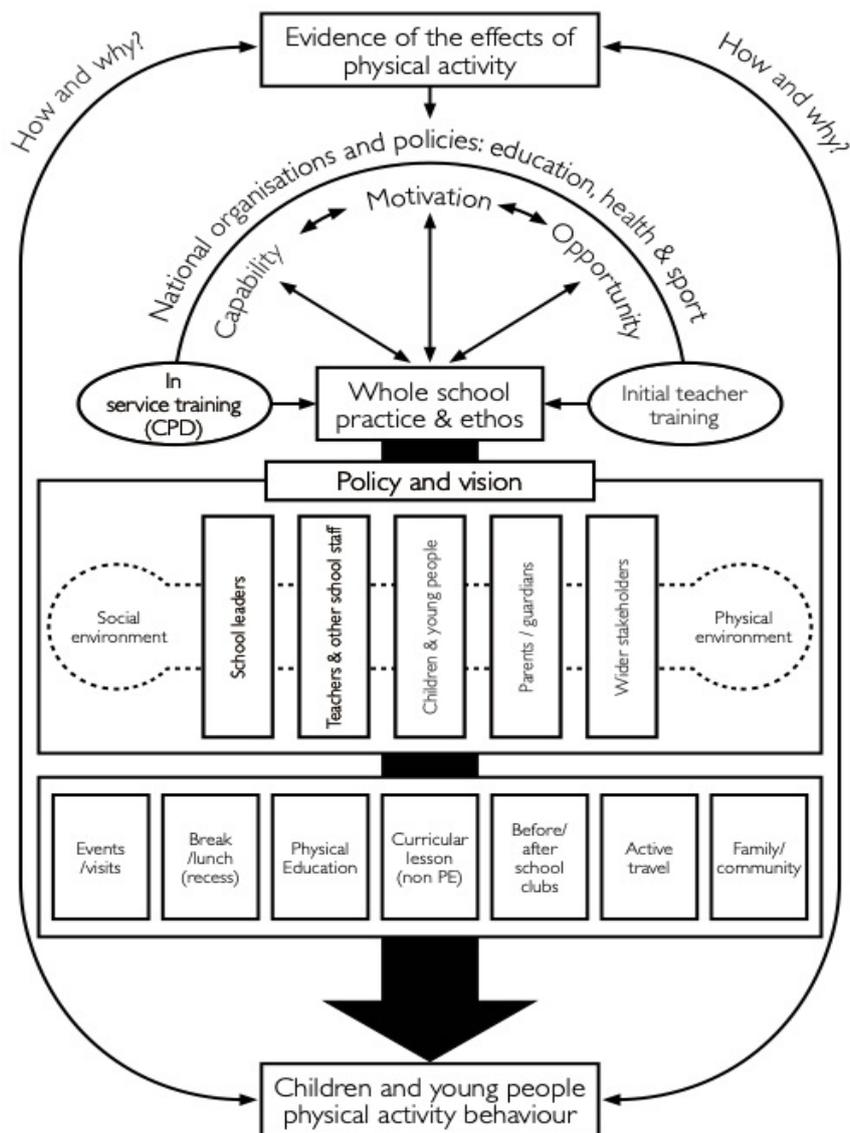
## Where JU:MP Operates



We have already been working with schools in the Allergrange (Allerton and Lower Grange), Scotchman Road and Peel Park areas since 2019, but are now entering the second phase of our project. We are looking to recruit schools from all of the other neighbourhoods/areas within the blue area outlined above from **Summer 2021**, with an aim of working together for the following **two academic years** to improve physical activity behaviours for children and young people across the school day and beyond.

## JU:MP schools?

We began the Pioneer Phase of our project with 13 schools in 2019, and have used the Creating Active Schools (CAS) Framework ([video](#), [paper](#)) to support our work. The aim of the Framework is to encourage the whole school community (including teachers, parents and other external stakeholders) to inspire and influence children’s physical activity so it becomes embedded across the school day and forms habits beyond school too. All levels and systems have a crucial role to play; from policies, to teacher training, to the environments, to pupils and their families, the framework aims to improve how physical activity is positioned and valued in school.



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Through our work with our initial 13 schools, we have now developed the **Creating Active Schools Development Programme** which we will use to support all of our JU:MP Schools from September 2021.

## Our Commitment to Schools

Using the Creating Active Schools Development Programme, we will work in partnership with you to:

1. Consider how physical activity can be aligned with your whole school priorities, using an evidence-based approach.
2. Review your current provision under the Framework and develop a 35 year implementation plan to address identified needs.
3. Support you for the duration of the programme to implement and embed this plan - improving children's physical activity and wellbeing in the process. This support will come in the form of:
  - a. **Funding**
    - i. Primary schools that sign up to the JU:MP Programme will receive **£10,000** direct funding.
    - ii. Schools will also have the opportunity to access additional "pooled" funding (**at least £60,000 per new neighbourhood**) for tender by individual/groups of schools. The scope of projects that qualify for this funding will be agreed with a JU:MP Schools strategic board (which will include a number of senior leaders from both our Pioneer and Accelerator neighbourhood schools).
  - b. **Training and consultancy**
    - i. Free access to the Creating Active Schools web portal, which will include:
      - an online audit and implementation toolkit
      - online CPD programmes
      - signposting of best practice and quality assured CPD/resources
    - ii. Half-termly bespoke support from our Creating Active Schools Director and Creating Active Schools Champions (teachers and leaders with expertise in whole school physical activity provision)
    - iii. Termly school neighbourhood network meetings
    - iv. An annual CPD programme delivered into schools based around shared school priorities.
    - v. Ongoing ad-hoc support from our community engagement, communications and active travel teams
    - vi. Access to and support from our research team - Born in Bradford have academics with expertise in the field of physical activity and you will be part of a world leading research project

## Commitment from Schools

We recognise the many pressures on schools both now and in the future, and therefore we wanted to clearly outline our expectations from schools in relation to the funding and support provided. These are:

1. **Headteacher support** of the project, including:
  - a. Attendance at initial co-design workshops, planned for Summer 2021, to develop the JU:MP neighbourhood action plan. This will also include an outline of the programme for schools (approximately 4 -6 hours).
  - b. CAS improvement meetings with the CAS Director and your nominated JU:MP school leader (approximately 2 x half day meetings over two academic years).
2. To appoint a **JU:MP school leader** - this should be a senior or developing middle leader to work with the CAS Director and CAS Champions across the project. Their commitment will include:
  - a. Attendance at initial co-design workshops, planned for Summer 2021, to develop the JU:MP neighbourhood action plan. This will also include an outline of the school programme for schools (approximately 4 -6 hours).
  - b. Attendance at termly school network meetings (approximately 6 -10 hours per academic year).
  - c. Attendance at termly neighbourhood steering group meetings (approximately 6 hours per academic year).
  - d. Time to work with their allocated CAS champion (between 3-6 days per academic year).
3. To appoint a nominated **communications contact** - this may be an office administrator or business manager who will be supported by our CAS and wider JU:MP team to ensure that pupils and their families are engaged in both school and neighbourhood JU:MP initiatives.
4. Given this is a research project, we would need you to engage with our research team (Born in Bradford researchers). This would include working with them to obtain physical activity and other health data (e.g. accelerometer data, questionnaire completion) for children in years 1, 2, 3 and 4 at the start, during and at the end of the project. This is done in an effective and engaging way, and offers children the chance to experience and understand a real life applied science experiment. The research will also link to the curriculum through a citizen science project.

## Becoming a JU:MP School

If your school is in one of our neighbourhood areas, we would be delighted to welcome you on board for the next exciting phase of our programme.

If you are interested in “joining us” in our ambition to improve children’s health, wellbeing and academic potential then please contact Ian Holmes, our Creating Active Schools Director, at the following email address: [ianmarkholmes@gmail.com](mailto:ianmarkholmes@gmail.com)



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