Let's Get Physical is a tried and tested physical activity programme for 8-14 year olds. It was designed specifically for non-sporty children, with the aim of making activity fun and setting them up with a sporting habit for life.

73% of Let's Get Physical participants maintain or increase their physical activity nine months after taking part.

Let's Get Physical for Children:
- 6-week activity programme in school
- Doorstep sport sessions out of school
- T-shirt, pedometer, rewards
- Builds confidence and friendships
- Makes staying healthy fun and easy

Let's Get Physical for Delivery Organisations:
- Easy to deliver
- Fully supported by StreetGames
- Builds relationships with commissioners
- Contributes to professional development for staff and volunteers
- Makes staying healthy fun and easy

Let's Get Physical for Commissioners:
- Successfully engages inactive and overweight & obese children
- Meets NICE2 and PHE3 standards
- Classified NESTA Level 2 (Emerging Practice)
- Maximises use of existing local assets
- Builds capacity and skills of local workforce
- Integrates with other physical activity and healthy weight services
- Fully evaluated with quarterly KPI reports

StreetGames Support Service Includes:
- Face to face meetings with programme manager, plus phone and email support
- Regular review meetings with the commissioner
- Accredited training for delivery staff and volunteers
- Branded merchandise
- 'How To' Manual, templates, recording systems
- Financial management and accountability

Birmingham Public continue to fund the Let’s get Physical program because it really provides that preventative approach around addressing childhood obesity & reducing the risk of some of these other chronic diseases later on in life. Conditions like Coronary Heart Disease, Type 2 Diabetes and stroke which can prove to be a real burden on the NHS purse in later life.

Mark Roscoe Commissioning Lead for Lifestyles Birmingham City Council

It's fun, lots of activities and healthy instead of watching TV or reading a book

Rizwan, age 13

Best thing I’ve done in my whole life, even better than going to London or France!

Dwayne, age 10

I wanted lots of steps but wanted to watch TV as well, but had to get up and run around instead.

Sarah, age 12

“A brilliant programme that exposes children to different forms of exciting, interesting and fun exercise. Many children come to realise that being active is more than the traditional team games.”

Katherine, Bishop Challoner School, Mosley & Kings Heath Ward

Competitively Priced

£11,068 is the full cost of running Let’s Get Physical for 6 months, in 6 schools, plus 36 doorstep sessions, for 120 participants. It equates to £5.83 per child per attendance.

1Measured using the validated Physical Activity Questionnaire for Older Children (PAQ-C), University of Saskatchewan. 2NICE PHD17 (2009) Promoting physical activity and sport for children and young people in school and community settings. 3PHE (2015), Everybody active, everyday – an evidence-based approach to physical activity

To find out more about running a Let’s Get Physical programme in your area, please contact Rachel or Paul:
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