



STEPS TO SUCCESS

Building Physical, Social and Emotional Skills in Young People



#STEPSTOSUCCESS

STEPS TO SUCCESS

The *Steps to Success* programme is aimed at pupils who are the least active in your school.

The programme aims to build physical, social and emotional skills which are crucial to a young person's development.

Physical



Social



Emotional





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During the pandemic, our social, emotional and physical health has been impacted. Everyone has felt, at some point frustrated about not seeing friends and family, sad because they cannot enjoy doing the things they want to and being limited to what activities they can do. Whether a child or a parent, it has affected us all. However, there are simple things we can do to help us all feel better and to make this even better we have some prizes to offer too! Are you ready to take your first steps toward success?



Physical – being physically active makes our bodies and mind strong and can help our mood.



Social – we always feel better when we see our friends. Sometimes we just need to talk to someone else, get their ideas or just have a good catch up!



Emotional – it's really important to feel happy in our lives. Feeling happy can come from the activities we take part in, things we do for other people, watching our favourite sports team or simply reading a good book!

Are you ready to take your first steps to success?

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Physical

Social

Emotional

"A journey of a thousand miles starts with the first step."

WEEK SIX

WEEK FIVE

WEEK FOUR

WEEK THREE

WEEK TWO

WEEK ONE

PHYSICAL ME

- 1 Walk to school at least once a week OR take a walk in the afternoon / evening.
- 2 Walk to school at least three times a week OR three times in the afternoon / evening.
- 3 Walk to school every day for a week OR take a walk in the afternoon / evening every day for a week.

EMOTIONAL ME

- 1 Eat two meals at least once a week with your family.
- 2 Eat four meals at least during the week with friends or school or if at home with a family member.
- 3 Eat six five meals during the week as a family (breakfast / lunch / dinner).

SOCIAL ME

- 1 Get a minimum of 5 hours sleep for at least 5 nights during the week.
- 2 Get 6-8 hours sleep every night during the week.
- 3 Get 8-9 hours sleep every night during the week.

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MY SCORE CARD

1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOTAL	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOTAL	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOTAL	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOTAL	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOTAL	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOTAL	<input type="checkbox"/>
GRAND TOTAL					<input type="checkbox"/>	<input type="checkbox"/>

Can you reach your personal goals to add up your weekly physical, social and emotional scores? Add up your weekly scores and compare to your goal!

NEXT STEPS...

STEP 1 – Watch the Introductory Webinar for Parents explaining how the programme works.

STEP 2 – You are now ready to start your 6 week journey towards success! Find the week 1 card and complete the activities.

STEP 3 – Once you have completed week 1, add up your scores and write your total number of points on your scorecard.

STEP 4 – Once pupils have completed the 6 week programme, send us an email about your experiences or post about it on our twitter pages!

Helen Tonks – h.tonks@Keaston.bham.sch.uk , @KESSPB.COM (King Edward Aston)
Hannah Reed – h.reed@hallgreen.bham.sch.uk , @CPSGO (Central Sport Partnership).

STEP 5 – We will be in touch with your school to send out prizes and rewards and to organise our Wellbeing Ambassador training for pupils who complete our 6 week of challenges!

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