

StandUpForLouis

and prevent a tragedy

Supported by



Don't leave your performance to chance

#StandUpForLouis Schools Challenge 2021 is a national challenge to promote physically active classroom environments, supported by Thrombosis UK, Youth Sport Trust and the Schools Active Movement. The campaign aims to educate young people of the risks and consequences of developing Deep Vein Thrombosis from prolonged sitting, symptoms to recognise and when to seek help

The challenge is in memory of Louis O'Neill who died suddenly and tragically on 3rd June 2020 at the young age of 24. A fit, healthy young man who enjoyed his online gaming unknowingly developed a blood clot simply from sitting for extended periods. To learn more about Louis' story please visit; <https://standupforlouis.org/>

The Schools Challenge!

The challenge is simple; schools will be provided with instructions and guides for pupils to complete a set of exercises at their desks at given periods during the course of the school day.

Growing concern that more and more activities like studying or working, gaming, relaxing or socialising are undertaken whilst sitting. Sitting for just 90 minutes reduces blood flow behind the knee by 50% increasing the risk of DVT.



June 9th 2021 #StandUpForLouis Day

Why your school should get involved

Children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods. Evidence indicates that sedentary behaviours are associated with DVT, increased inflammation, obesity and other non-communicable diseases.

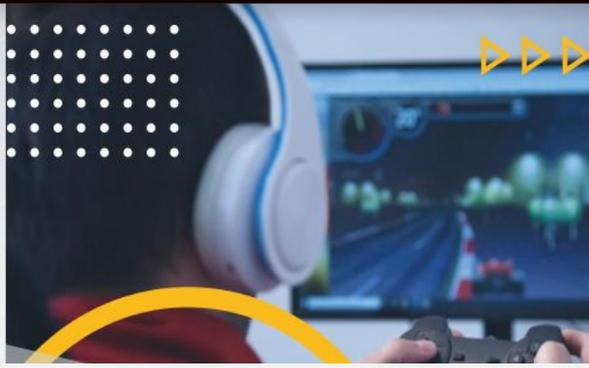
To help children meet the 60 minutes of physical activity guidelines, opportunities to be physically active need to be available on a daily basis within the constraints of other pressures such as school learning time. Incorporating active lessons and active breaks within teaching and learning pedagogy can potentially have a huge impact, not only on students' health and wellbeing, but also on their achievement whilst at school

Active children are more effective learners with evidence showing that more time spent sitting down learning have a detrimental impact on effective learning behaviours. Being active before, during and after lessons can have a positive effect on concentration, cognition and engagement in learning as well as the health benefits that come with moving throughout the school day.

'An active child is a well child. Happier, more active children are ready to learn and more engaged in their learning' **YOUTH SPORT TRUST (2021)**

Be part of something BIG!
[Sign Up - HERE](#)

Young fit and healthy
But did you know..
you could still be at risk of
blood clots
(thrombosis / DVT / PE)



Children born today are on course to be 35% less active by 2030 (compared to 1961 levels)²

35%
LESS ACTIVE BY
2035

THINK THROMBOSIS

- Keep Moving
- Take a break - at least every 90 minutes
- Walk around
- Do regular feet and leg exercises

Find out more at:
www.thrombosisuk.org

School resources

To empower school staff to deliver physically active lessons within a classroom environment we have produced a number of e-resources. These resources include a teachers guide document to support teaching staff implement their **#StandUpForLouis** challenge across the whole school. A specific classroom based **#StandUpForLouis** exercise programme produced by Perform Fitness will be available to all schools who sign up too! We will also be sharing vital information related to DVT, the symptoms and when to take action Because being aware of the risks and understanding the symptoms of DVT may just prevent a tragedy.

The teacher resources will be shared upon registration;

<https://standupforlouis.org/standupforlouisday/>

In addition and to ensure we keep raising awareness of DVT and the wider health related issues associated with sedentary behaviour to young people, school staff will be invited to make a pledge. The pledge will ask staff to deliver more regular physically active lessons as part of their teaching pedagogy.



FAQs

Who can take part in the #StandUpForLouis Campaign?	All schools and classes can take part in the #StandUpForLouis challenge. You may wish to involve the whole school, specific year groups or targeted classes. Schools have full flexibility!
How do I register my School?	To register, please visit; https://standupforlouis.org/standupforlouisday/
We can't commit on 9th June, can we still take part?	Of course! We are inviting schools to take part on any day during June 2021.
We want raise funds for Thrombosis UK and help prevent another tragedy like louis', how could we do that?	You may have your own ideas but we have two simple fundraising activities to suggest. Why not invite children to attend in non-uniform or in their PE kit for the day in return for a voluntary donation? You may also want to organise a Thrombosis UK Sport Competition and invite voluntary student donations to participate.
How can we share what we do as part of the #StandUpFoLouis challenge?	On June 9th 2021, we will be inviting all schools involved to share their innovative active classroom ideas on social media using the #StandUpForLouis