



**Smart School Councils**

# DEBATE PACK

Are you passionate about sharpening your critical thinking and speaking skills?

**SHOULD YOUNG PEOPLE BE REQUIRED TO DO  
PHYSICAL ACTIVITIES DURING SUMMER BREAK?**



[WWW.SMARTSCHOOLCOUNCILS.ORG](http://WWW.SMARTSCHOOLCOUNCILS.ORG)

# How to Use this Debate Pack

Whether you have just a few minutes or a full lesson, this Debate Pack has got you covered. Check out the Certificates at the end too.

## How to find the debate video and send to teachers

1. Log in to the [Smart School Councils platform](#) using your school details.
2. Click on the blue Class Meeting Tool button in the dashboard.
3. Click on 'Next Meeting' at the top of the page.
4. To get started, click on 'click here' to browse existing questions and options.
5. If the debate topic is part of this week's question, it will appear there. Otherwise, click 'Search All' and type in the debate topic you're looking for.

### Got five minutes?

Play the debate video straight through and dive right into the debate. No need to pause at the prompts. It's a quick, engaging way to get your students thinking.

### Got 10/15 minutes?

Pause at the prompts in the video to explore additional ideas your class might have. Use the additional points or Power Facts if you'd like.

### Want to extend to 30 minutes or a full lesson?

Check out the lesson plan and writing tasks below. There is also a full Fact Sheet with amazing further reading if your students want to go deeper on the topic.

## What do the icons in the pack mean?



This is what the presenter says on the video



This is a Power Fact to explain or prompt debate that's not in the video



This is an additional debate point that's not in the video

# Introduction and Brain Gym Question

## Introduction



Welcome to Big Debate Club!

My name is Becky and today we are debating the question...

Should young people be required to do physical activities during summer break?

During the school year, students have P.E. lessons and school clubs to keep them moving and energised. But in the summer, it is a time for relaxing and recharging after a hard year, so many spend more time staying still and on screens, therefore spending less time exercising.

In order to be entertained and stay healthy, young people should be required to do physical activities during the summer. But surely, summer is a break for a reason, and young people should decide how they spend their free time as they see fit.  
You decide.

## Brain Gym Question

Before we get started, I have a question for you...

How much physical activity do experts recommend for young people each day?

- a) 60 Mins
- b) 20 Mins
- c) 120 Mins
- d) 10 Mins

The Join Us: Move Play (JU:MP) program in Bradford increased children's physical activity by over 70 minutes per week, reduced weekend inactivity by 22 minutes per day, and engaged 30,000 children in co-designed play spaces. (Source: *The Guardian*, [LINK](#))



# FOR: Young people should be required to do physical activities during summer break


We're going to share reasons for both sides of the debate, then it's up to you to think of the rest!

## Exercise is always a good idea

You might be thinking that exercise is always a good idea. Regular exercise helps prevent health problems like obesity and heart disease, and summer break shouldn't mean stopping healthy habits. Looking after your body is always a good idea regardless of time of the year.

## It prepares you for competition as an adult

You could say that exercise usually encourages outdoor play and socialising. Spending time in nature with friends not only helps develop social skills like teamwork and communication but also fosters a deeper appreciation for the environment. By experiencing the outdoors firsthand, young people may become more aware of the importance of preserving and protecting the natural world.

Can you think of another reason why young people should be required to do physical activities during summer break? 

## It can maintain mental skills ready for school

Exercise has been linked to better concentration, memory, and problem-solving skills. It has also been suggested to help prevent the "summer slide" — the learning loss over summer.

## Not enough young people are exercising regularly

According to Government research, only 47.2% of children and young people in the UK meet the Chief Medical Officers' guidelines of at least 60 minutes of daily physical activity. By encouraging physical activity could make it more likely to be kept up year round. (Source: GOV.UK, [LINK](#))



## **AGAINST: Young people should not be required to do physical activities during summer break**

Now let's change positions and consider why you might argue that young people should not be required to do physical activities during summer break.




### **The summer is about free choice**

You might think that the summer is about free choice. After a busy school year, students deserve a break and should be able to choose how they spend their time. Some young people prefer creative hobbies like reading or art instead of sports. A rule forcing exercise could feel unfair.

### **Exercise should be encouraged not forced**

Or you could also say exercise should be encouraged not forced. Forcing young people to do physical activities might make them dislike exercise to which it becomes a chore, discouraging them for exercising in the future.

Can you think of another reason why young people should not be required to do physical activities during summer break? 

## **Inactivity can mean issues in other areas**



Children tend to become more sedentary during summer, leading to increased screen time and disrupted sleep patterns. Accelerated weight gain and unhealthy behaviors are also more prevalent during unstructured summer periods.

## **By not encouraging or providing activity prevents the opportunity for some communities**



Children from low-income or underserved communities are disproportionately affected due to limited access to recreational facilities, so by not providing and encouraging physical activity means some communities will miss out on being able to take part in such structured activity. (Source: GOV.UK, [LINK](#))

# FactSheet: Should young people be required to do physical activities during summer break?



Here's six key facts - three on each side - if you'd like to go a little deeper.

## Yes

### ***Not enough young people are exercising regularly***

Only 47.2% of children and young people in the UK meet the Chief Medical Officers' guidelines of at least 60 minutes of daily physical activity. (Source: GOV.UK, [LINK](#))

### ***It can help keep up mental skills needed for school***

Exercise has been linked to better concentration, memory, and problem-solving skills. It has also been suggested to help prevent the "summer slide" — the learning loss over summer. (Source: Wikipedia, [LINK](#))

### ***Competitive sports can provide confidence***

According to government research, by Year 6 (ages 10-11), 25.5% of children in the UK are living with obesity, and 15.4% are overweight. To potentially reduce these rates, we could encourage physical activity in the summer and create a lifelong habit. (Source: GOV.UK, [LINK](#))

## NO

### ***Inactivity can cause issues elsewhere***

Children tend to become more sedentary during summer, leading to increased screen time and disrupted sleep patterns. Accelerated weight gain and unhealthy behaviors are also more prevalent during unstructured summer periods. (Source: PubMed Central, [LINK](#))

### ***The summer is a time to use your time for other activities***

Unstructured summer time allows children to rest, engage in creative activities, and spend time with family, which are also important for overall development. (Source: The Guardian, [LINK](#))

### ***Not providing opportunity can prevent some communities having access***

Children from low-income or underserved communities are disproportionately affected due to limited access to recreational facilities, so by not providing and encouraging physical activity means some communities will miss out on being able to take part in such structured activity. (Source: GOV.UK, [LINK](#))



# Sentence Starters

## POINT

LEMON & HERB: One reason why I (agree/disagree) with this debate is because...

MEDIUM: One point I have for this debate is...

HOT: You could say that...

## EVIDENCE

LEMON & HERB: One way I can prove my point is through this example...

MEDIUM: I can show this works through the fact that...

HOT: I know this because...

## EXPLANATION

LEMON & HERB: The evidence I have discussed above proves my point as...

MEDIUM: This example proves my point because...

HOT: Therefore, this proves my point as...

## LINK

LEMON & HERB: All together, this answers the debate question asked by...

MEDIUM: This point answers the overall question because...

HOT: These ideas answer the debate as...





**Post your debate on  
social media!**

# **SHARE YOUR VOICE**

**We shout out the best opinions each week**

**#BIGDEBATECUB**

**TWITTER @SSCCTV**

**INSTAGRAM @SMARTSCHOOLCOUNCILS**



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# DEBATER OF THE WEEK

We are proud to present this certificate to...

For debating fairly, respectfully and persuasively. Well done!

***Share a snap or video @SSCCTY on Twitter for a national shoutout and a prize!***



Greg Sanderson

Founder, Smart School Councils

Smart  
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Councils  
Community



# CLASS MEETING LEADER OF THE WEEK

We are proud to present this certificate to...

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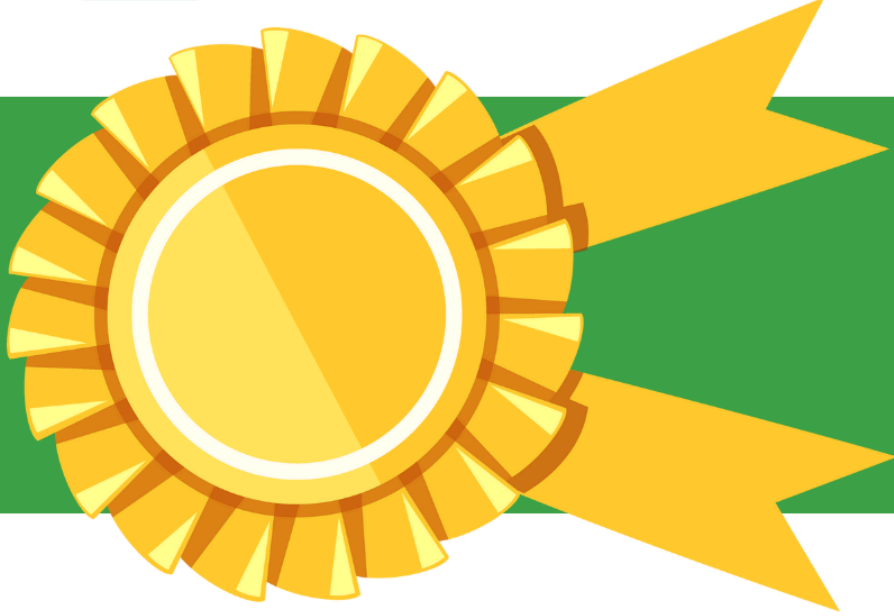
For showing skill and confidence in leading today's Class Meeting.

**Share a snap or video @SSCCTY on Twitter for a national shoutout and a prize!**



Greg Sanderson

Founder, Smart School Councils



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# BEST IDEA OF THE WEEK

We are proud to present this certificate to...

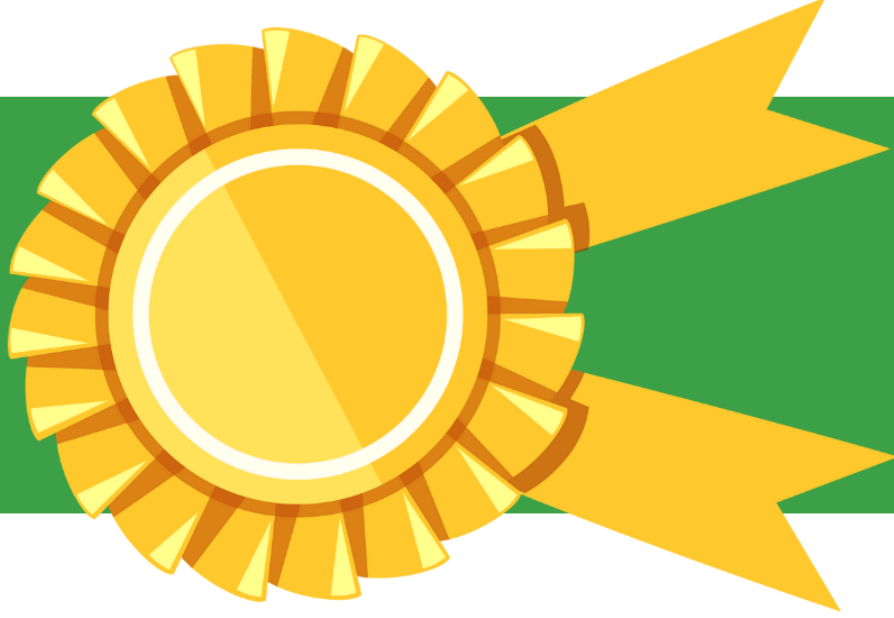
For speaking up with a great new idea on today's topic. Amazing.

**Share a snap or video @SSCCTY on Twitter for a national shoutout and a prize!**



Greg Sanderson

Founder, Smart School Councils



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