



## // Building Schools for the Future

**10<sup>th</sup> October 2008** - As plans progress apace on the Building Schools for the Future (BSF) programme, local authorities nationwide are continuing to express their interest and determination to take part.

The initiative is the biggest-ever school buildings investment programme and, ultimately, aims to rebuild or renew nearly every secondary school in England over the coming years. With this degree of redevelopment on the horizon, the ideal opportunity has arisen for schools and local authorities to come together to create facilities that are not only state-of-the-art, but will provide long lasting benefits to all those who come into contact with them.

Aside from the immediate academic gains to teachers and pupils through improved teaching environments and amenities, the BSF project allows schools to develop the all-round welfare of the school and those in its immediate vicinity. Through the inclusion of quality health and fitness facilities, schools can begin to tackle the increasingly prominent issue of childhood obesity and their unfortunate apathy towards taking exercise.

Nick Sadler, Director at Hampton Hill-based health and fitness solutions company, Motive8, feels very strongly about the benefits of integrating exercise into children's lifestyles from an early age. He comments: "The sad reality is that nowhere near enough children are receiving their minimum curricular physical education requirement of 2 hours per week. Lessons are often uninspiring and children are left sat on the sidelines during PE lessons instead of getting active and involved".

"The inclusion of fantastic health and fitness facilities within schools has the potential to not only benefit those directly associated with the school such as pupils, teachers and parents, but also those within the local community who live and work nearby. Facilities can be shared between literally hundreds of people; pupils and teachers can utilise them during school

hours whilst after-schools clubs and community organisations can benefit outside of these hours”.

“In the gyms that we have installed across the country, the resulting improvements in both fitness and community interaction have been astounding and I’d love to see a similar scenario happening in schools,” adds Nick.

With survey and planning work now well underway in numerous local authorities, schools across England could be enjoying their new facilities from as early as next year.

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**Note to Editors - motive8** is a health and fitness solutions company based in Hampton Hill, specialising in residential and commercial gym design, personal training and school sports provision. Established in 1998, it has progressed to become one of the market’s leading health and fitness providers. Call 0800 028 0198, visit [www.m8group.net](http://www.m8group.net) or email [info@m8group.net](mailto:info@m8group.net) for further details.