



ESTABLISHING A PHYSICALLY ACTIVE SCHOOL...one step at a time!



Vision (Intent)

A Leap



Vision (Intent)

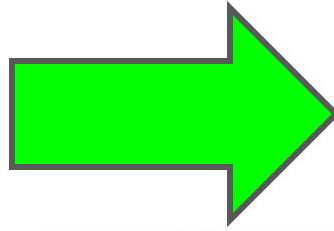
Are the benefits of physical activity
(both **in** & **out** of the classroom)
clear to all?



Vision (Intent)



School Sport



Physical Activity

Vision (Intent)

**“An inspirational place to
learn and play...”**

Curriculum Focus (Intent)



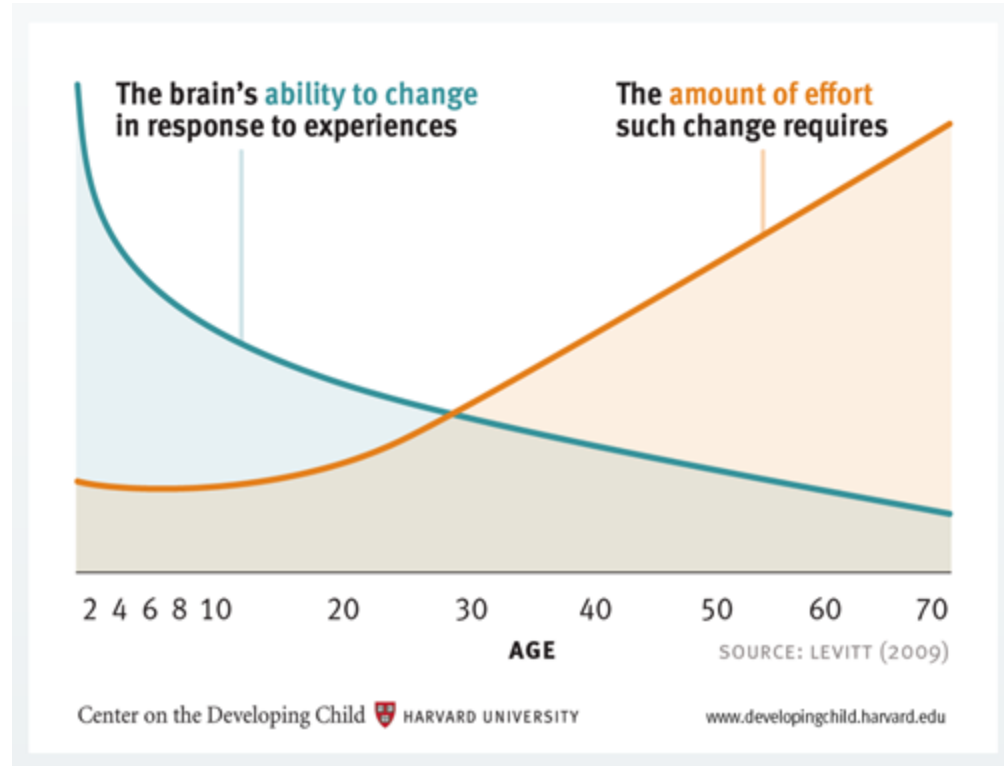
Children taking responsibility for their own wellbeing (**body, mind and spirit**) so they can make a difference to the world around them (**people, places, planet**).

Vision to reality (implementation)

Small Steps...



Where are you starting from? (Implementation)



Small steps – Timetable Problem



ROUTINES

**LEARNING
BEHAVIOURS**

ENGAGEMENT

CONCENTRATION

Age	Average Attention* (taken from www.dealwithautism.com)
4	8-20 mins
5	10-25 mins
6	12-30 mins
7	14-35 mins
8	16-40 mins
9	18-45 mins
10	20-50 mins

Small Steps – Timetable Solution

Sessions - Before	
8:45am – 10:10am Session 1	
10:10am – 10:30am Assembly	
10:30am – 10:45am Playtime	
10:45am – 12:15pm Session 2	
12:15pm – 1:15pm Lunch – Hall	12:45pm – 1:15pm Lunch - Outside
1:15pm – 3:15pm (+comfort break)	



Sessions After		
8:45am Registration and Session 1		
10:00am Assembly		
10:15am Freeplay		
10:30am Session 2		
11:15am Active break (with teacher)		
11:30am Session 3		
12:00pm Lunch - Hall	12:20pm Lunch – Freeplay/OPAL	
1:00pm Session 4	Active break (with teacher)	Session 5

Small Steps – Active Breaks



	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Track Challenge	Skipping	Super Movers	Hula Hoops	Track Challenge
PM	15 passes	Cone Challenge	MUGA Tig	Track Challenge	Just Dance



Other small steps (Implementation)

- Active learning in classrooms and hall time
 - Adaptations to learning environments
- Trialling of resources to support active learning
 - Development of outdoor play and learning
- Increasing participation of children in external events



Small Steps towards a Whole School Approach

**HIGH QUALITY
SCHOOL P.E. &
SPORT**

**ACTIVE LEARNING &
PLAY ACROSS THE
CURRICULUM**

**OTHER PHYSICAL
ACTIVITY**

**ENGAGING P.E.
CURRICULUM**

**EXTRACURRICULAR
SPORTS/ACTIVITY CLUBS**

**COMPETITIVE
EXPERIENCES**

**RESPONSES ADDRESSING
INACTIVITY**

ACTIVE CLASSROOMS

ACTIVE PEDAGOGY

ACTIVE ASSESSMENT

**OUTDOOR LEARNING &
PLAY**

ACTIVE BREAKS

ACTIVE CHALLENGES

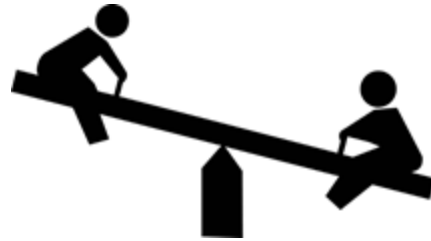
ACTIVE TRAVEL

BODY, MIND, SPIRIT CURRICULUM

(linked to PSHE, Citizenship, Spirituality)

Impact

A Sense of Balance



A Sense of Balance (Impact)

To truly flourish need to consider and address:

- Pressures on children
- Pressures on staff
- Pressures on parents and wider community

A Sense of Balance (Impact)

- Improvement in children's (and staff's) wellbeing
 - Improvement in concentration on task
 - Improvement in engagement and enjoyment
- Gradual improvement in learning and social behaviours
 - Gradual improvement in academic attainment



KS2 RWM	%ARE+
2017	65%
2018	67%
2019	81%



A Sense of Balance (Impact)



A Sense of Balance (Impact)



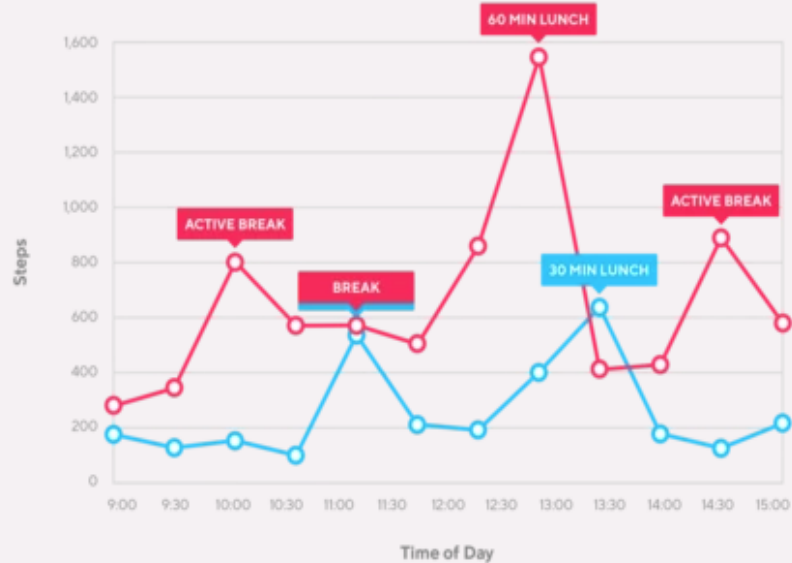
A Sense of Balance (Impact)

The Active Curriculum

07.

The Active Curriculum

The use of extra 'active breaks' and a 1-hour lunch help the most active school achieve almost double the activity of the least active school.



<https://moki.technology/blogs/blog/the-moki-active-schools-project>

A Sense of Balance (Impact)



Outdoor
Play
And
Learning





“May your choices reflect your hopes, not your fears!” Nelson Mandela