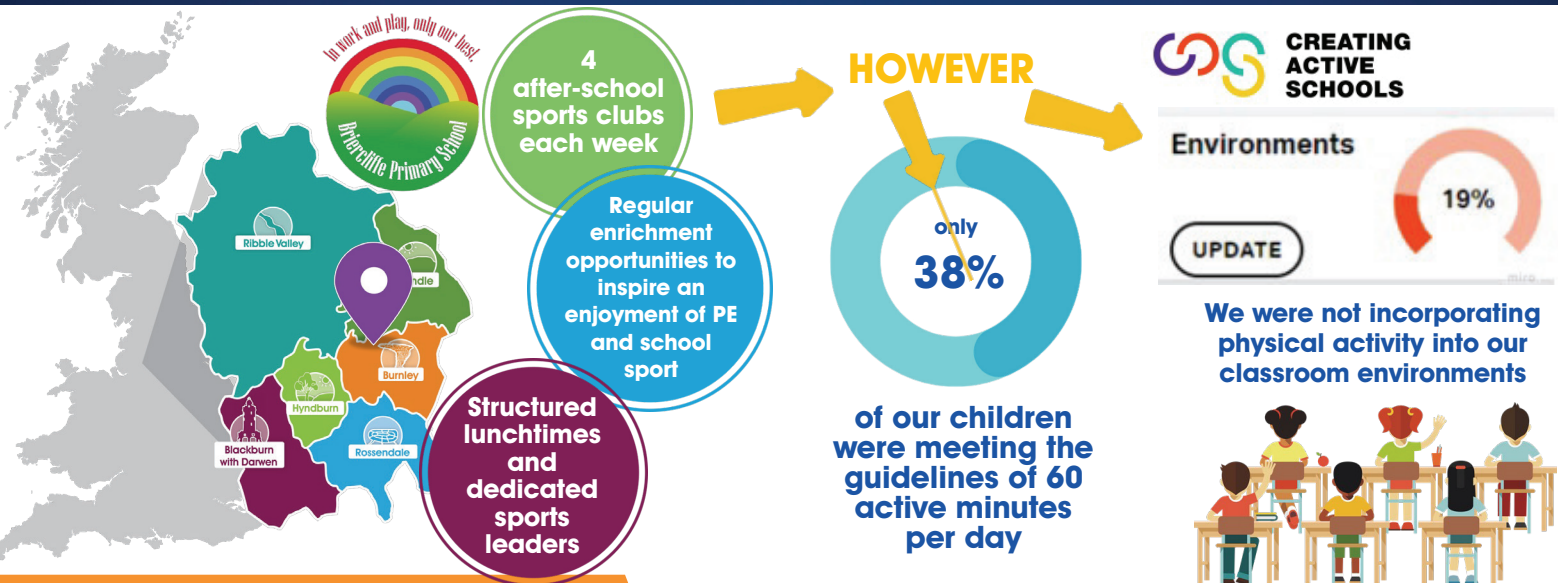


Increasing opportunities for regular physical activity breaks in the classroom setting

Briercliffe Primary School

Together
an Active
Future
»»»»»



What changed?

Embedded Practice

Regular energiser breaks firmly embedded into classroom practice during transitions between lessons.

Resources & Training

Teachers were provided with training; a bank of resources and equipment was created to support the delivery of energiser breaks.

Policy

A physical activity policy is being created, setting the expectations around regular physical activity breaks.



What led to the change?

What is the one thing we can do to increase movement in our classrooms?

Do one thing well!

Meeting with Headteacher & Senior Leadership Team

Heat Mapping

Highlighting times in the day when our children are sedentary and identifying where in our school timetables we can add energiser breaks.

	8:40-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00
Mon	Morning Challenge	Assembly 10:00-10:20	Maths	Closed Bookings	English	Maths	PPA (Miss PHE Adlington)
Tues	Morning Challenge	Spelling	P.E	Closed Bookings	English	Maths	
Wed	Morning Challenge	Maths	10:00-10:20 Handwriting	10:20-10:40 Storytelling	10:40-11:00 Lunch Time	English	
Thurs	Morning Challenge	Spelling	Maths	Closed Bookings	English	12:00-1:00 Computing	

Supporting Staff

Celebrating success, working through barriers, working towards a common goal.

Energiser Time!

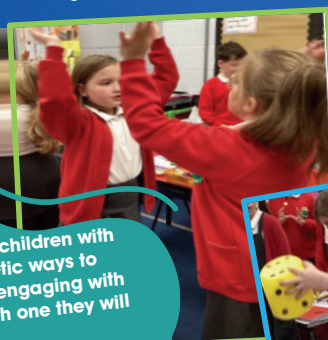
Energiser breaks trialled and implemented by teachers in their classrooms.

We identified 1.5 hours per week of transition times where we could be more active

I really enjoy the energiser breaks, they make me feel happy. I am always more ready to concentrate and learn.
Elijah, Year 2

It re-energises me, waking up my mind and body ready for the next challenge!
Faiith, Year 5

I find the energiser breaks are engaging the children with regular short bursts of exciting and energetic ways to mentally break from their learning before re-engaging with more focus. They cannot wait to find out which one they will be doing.
Miss Gawthorpe, Year 4 teacher



Outcomes

- ✓ An increase of 1.5 hours of physical activity per week
- ✓ Increased enthusiasm and readiness for learning at the start of lessons
- ✓ Healthier, happier and more engaged children

What

- Implementing the Move and Learn retrieval strategy transferable across all subjects.
- Make more use of outdoor spaces as a way of bringing physical activity into lessons.

For more information visit:
www.taaf.co.uk/active-schools

