



Active Lessons - active learning and energisers



About us...
why did we
need change?

Decrease
in activity
participation
outside of school
reasons include cost of living crisis
and not restarting after COVID

Increased
levels of
obesity
compared to before
COVID



Sedentary Time

Pupils reported feeling frustrated in afternoon lessons due to being seated for long periods of time. We have really active playtimes (platinum sports award) however sedentary lessons are an issue.



39.7%
of pupils are
eligible for free
schools meals
National Average: 24.6%

What we did...

Identified from the Creating Active Schools Framework our top 5 areas for development were:

- Teachers and school staff
- Parents and Guardians
- Policy
- Active Travel
- Non PE curriculum lessons

Are we not already an active school?

- ✓ after school clubs
 - ✓ activities in breakfast club
 - ✓ active PE lessons
 - ✓ tournaments, competitions and play friendly matches
- ...we soon realised that active learning is so much more than that!



Policy & Practice

Included in the 2024-2025 Academy Development and Improvement Plan.

Each subject will have an expectation of Active Learning set out in their guidance document

Leadership Support

SLT being hugely supportive and on board with the changes, staff confident to add these active elements to lessons without the concern that SLT will wonder what is going on in the classroom!

Resources & Training

Equipment bought for each class to create an active learning kit – teachers will be given ideas of how these can be used and encouraged to also find their own ways.

What did everyone think about the changes?

I like having a break from writing and then it means I can write neatly again.
KS2 Pupil

Playing fun games in between lessons stops me from being uncomfortable in my seat and means I can concentrate better.
KS2 Pupil

I have noticed a huge improvement in behaviour in the afternoons when including brain breaks. It has a positive impact on everyone! Once the children are trained and used to settling back into lessons, it has a huge benefit in the children that really need a break, and those who don't necessarily need it thoroughly enjoy it.
Sports Coach

Active learning has helped concentration in lessons. Especially in an afternoon when there can be a bit of a lull between sessions. Now with active elements in the lesson and a quick energiser between the lessons, pupils are able to refocus and concentration has improved!
Teacher

I have noticed a clear difference in the children's learning after we have used a brain break, it allows the children to let off steam and then settle down, ready to learn again.
Teaching Assistant

Impacts

WOW walk to school initiative

Total active trips: **13,581**

Total non-active trips: **2,669**

Parental support with this has been excellent!

Staff support

Enthusiasm from most staff regarding adding active elements to lessons – survey results show the following:

How much have your children enjoyed the activities?

4.83

score out of 5



How well have energisers improved concentration in class?

4.25

score out of 5



Children absolutely love the brain breaks and are asking for them between lessons. The enjoyment on the faces of children during active learning is amazing!

What next?

• Casterton Active Learning Activities

Introducing a set list of activities that will be non-negotiables. Three for KS1, adding a further two in KS2. Teachers will be welcomed to supplement these with their own. This will be monitored through learning walks and pupil voice.

• Termly check-ins

with feedback of energisers and active opportunities

• Creation of Active Casterton Ambassadors

with regular meetings to discuss successes, challenges and progression

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

