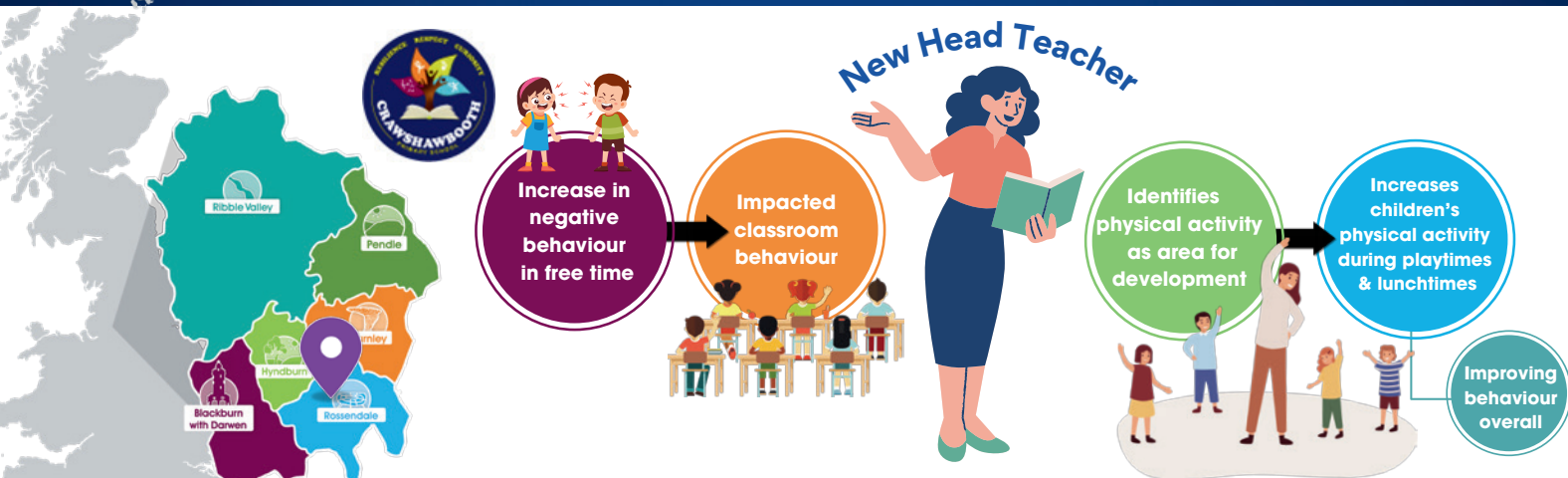


Introducing physical activity into our lunchtime and playtimes



What changed?

Policy

Physical activity policy was created - highlighting our expectations and aims for what the children were doing during their free time.

Sports

Ambassadors

Children selected as Sports Ambassadors organised lunchtime activities, gained confidence speaking in assemblies and discussing their games with peers.

Staff training

Trained staff and increased intra-school competitions, boosting engagement and confidence.

What led to the change?

Leadership change

Appointment of new Head Teacher shifted the focus to ensure children were engaged in activity at lunchtime, reducing behaviour difficulties, increase children's physical activity levels and ensure they come back to the classroom ready to learn.

Empowering staff

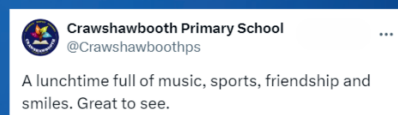
One of our TAs became a Sports Apprentice, helping with school sports, especially at lunchtimes. She organises playgrounds with our Sports Ambassadors for the children.

Trust

Lunchtime supervisors had to adapt to changes they initially didn't see as necessary. Sports ambassadors helped make lunchtimes more active and smooth.

Outcomes

- ✓ Children were more engaged after introducing structured and zoned playtimes
- ✓ Support staff who were previously reluctant to change, saw the benefits after seeing the positive impacts in children's behaviour and engagement



The children enjoy their free time much more than in previous years. We have worked together to organise lunchtimes so that every child has the opportunity to try new sports or sports that they already enjoy. The leagues we have run have been very popular with whole year groups.
Sophie, Sports Apprentice & Teaching Assistant

I like that I am in charge of the infant equipment. I make sure that everyone looks after it and that it is shared equally. Being a Sports Ambassador is an important job.
Georgie, Year 2 pupil & Sports Ambassador

Playtimes and lunchtimes are much more fun now. We always have something to do and I really enjoy the competitions and leagues that we can do.
Oliver, Year 3 pupil



What next?

Resources - Investment in Now Press Play and Tagtiv8 to provide staff with a basis for creating an active curriculum

Physical Activity Policy - plan to use policy to further develop areas to include physical activity in our curriculum

Moving forward - following the success of active lunchtimes, we want to see more physical activity in lessons

