

Implementing an Active Curriculum throughout the whole school

St Edwards's RC Primary School, Darwen

Together
an Active
Future



201 pupils
on roll

In BwD,
36% of young
people do less
than 30 minutes
of activity per
day

20%
SEND

17%
pupil
premium

In Blackburn with
Darwen, 29% of
4-5 year olds and
39% of 10-11
year olds are
living with
overweight
and obesity.

High levels
of sedentary
time in the
classroom.



What changed?

School Culture

Established whole-school practice and ethos for physical activity that informs the beliefs, custom and practices around creating a physically active school.

Environments

Classrooms have been re-configured in order to facilitate safe movement and physical activity.

Practice

Move & Learn 'Activator' strategies throughout the curriculum, to enhance learning through movement, motivation and cognitive engagement.

What led to the change?

Leadership Support

SLT have been fully on board from the outset, giving full support and allowing active elements to be added to the whole school curriculum.



Learning Together

Delivery of staff CPD to reinforce the definition of 'Physical Activity' and to demonstrate practical activities, using 'Move & Learn' approaches, which could be adapted across the curriculum.



Brave Leadership

RSM sessions had an impact on the motivating of staff and encouraging the development and implementation of an active curriculum, due to staff 'buy in' and positivity.

Learn
&
Move

I like being active because we need to keep our hearts beating. I like to move around in class because it makes it more fun and you can learn off other people's answers.

Year 4 child

I love move, pair, share because you can find a partner and work with other children who aren't on your table. I think that it is a fun way to learn and remember, and it switches my brain on.

Year 4 child

Since introducing active learning and 'Move & Learn' principles into my teaching practice, I have noticed a positive impact on the children's engagement and focus, leading to less cognitive overload and better retention of information.

Mr M-N, Year 4 teacher

Outcomes

Increased engagement

Children are more engaged and excited about their learning, leading to better focus and retention of knowledge.

Supporting the needs of all learners

Many children require movement and activity in order to help them to learn. Daily movement has led to improved learning outcomes.



Developing social connections

Children are working with peers, who they may not interact with during playtimes, therefore building new relationships.



What next?

- Bring physical activity into the policies of all curriculum areas, as well as the general teaching and learning policy.
- Further develop the profile of Active Schools through CPD and delivery to staff.
- Monitor the implementation of active learning across the curriculum, to support and meet the needs of all learners.

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

