

Reducing the amount of sedentary time by adding more movement into lessons across the curriculum

Together
an Active
Future
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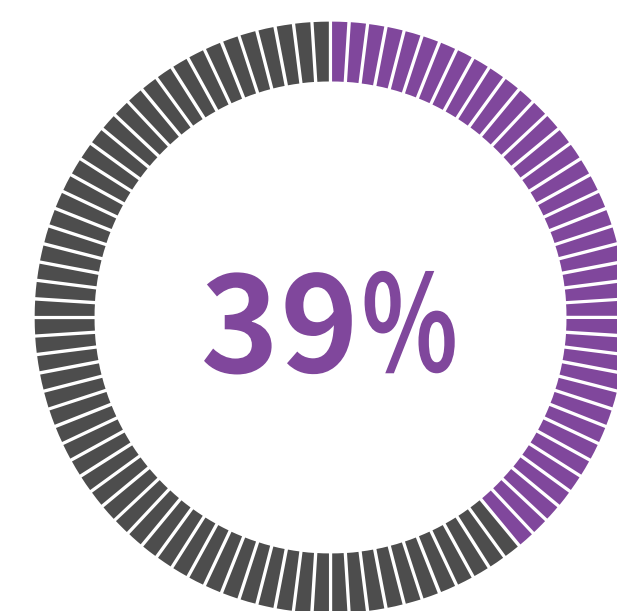
St James' LaneHead Primary School, Burnley



Sedentary time for pupils a day



of reception pupils who arrive at school overweight or obese



of pupils do not do any physical activity outside of school

What changed?

Stakeholders

- Staff meetings with teachers and TA's have heightened the importance of moving more in school.
- Active learning strategies have been shared to support retrieval of knowledge.
- Parents engaged in the Get Set Path to Paris programme.

Opportunities

- All classes have developed new active learning methods.
- Use of energisers within or between lessons to provide movement breaks, reducing sedentary time and allowing pupils to re-focus on the task.
- Increased opportunities for pupils to work with or alongside other pupils.
- Extended outdoor learning provision.

What led to the change?

School Games Mark

School were awarded the platinum School Games Mark and we wanted to extend our excellent PE and sport practice to include more physically active learning across the whole school day.

Head teacher support

The head teacher believes that supporting pupils to be physically active will not only benefit students health outcomes, but will also improve their mental wellbeing.

Outcomes



Play times

Development of active play times on the yard with Key Stage 1 pupils has inspired them to take part in more activities that are encouraging them to move more.



Path to Paris

Encouraged pupils and families to take part in the programme. Parents were asked to log activity minutes completed at home.

Having consistent active learning strategies across the whole school has led to a noticeable improvement in children's focus and attention.

Mrs Gregory (Deputy Head-Teacher)

I prefer active learning. It is more fun and the learning sticks in your head better.

Year 2 pupil



What next?

To develop a new Key Stage 1 outdoor active play area. This will enable children to continue to develop their movement skills during break times.

To continue to develop the use of active learning strategies within the classroom. Ensure all classes are using a small selection of activities regularly and consistently so children sit less and move more throughout the day.

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

