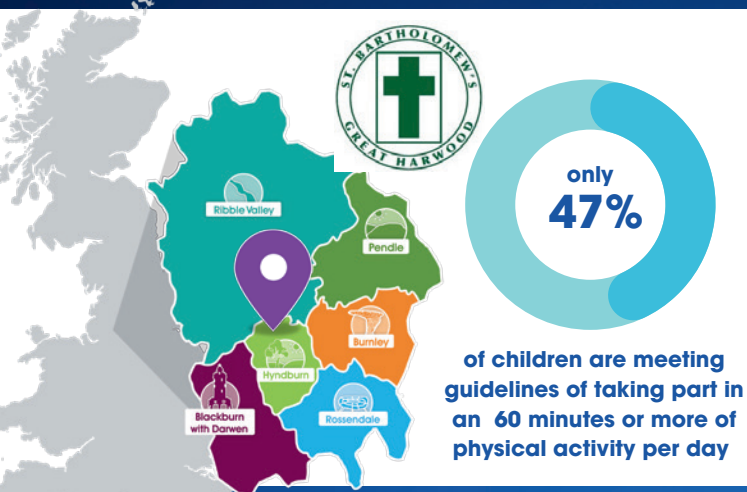


Enhancing our curriculum to become more active during the school day



PE & Sports provision achieved platinum school games mark

HOWEVER
Sedentary time in class was high



What changed?

Practice

Energisers in the afternoon and physical movement in at least 1 lesson a week.

Policy

Physical activity is included within our School Development Plan in our curriculum, along with courageous advocacy.

Awareness & Opportunities

The opportunities within school have changed and stakeholders are aware of what we are doing.

What led to the change?

Brave leadership

Relationship building with school staff and wider stakeholders. Advocating for what we are doing and why, supported by coaching through the Middle Leaders Programme.

Learning Together

Learning what is right for our children, what we need to do and how we can implement this.

Patience

Understanding that change takes time. Showcasing why physically active learning is important can help persuade the most reluctant of staff.



Outcomes



Improved behaviour

The greatest improvement has been seen in English, one of the most sedentary classes. We saw:

- improved vocabulary, increased understanding and enthusiasm
- improved writing - ALL children are writing more
- lower ability children becoming more independent in writing skills



Increased confidence and self-esteem



Increased engagement with after-school active clubs



Our offer to be active over the school day:

15 mins - active break time
30 mins - lunchtime
20 mins - active learning

I couldn't believe how the children just got up, completed it and it was normal practice. I was so shocked but this has led me to think about my practice.

Anna Schofield, Maths Lead

I have noticed the difference in the children and when they are sat and when they are moving and learning. The children seem more attentive and their behaviour has improved.

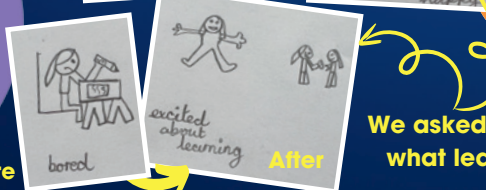
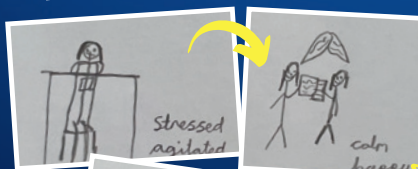
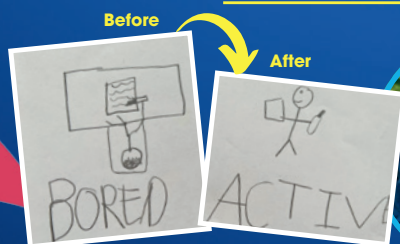
Sam Holden, Year 1 teacher

I can't wait for Miss Mason to say now let's move and learn. I love it! It is fun and we learn so much.

Child Aged 9

In the afternoon when we complete an energiser it helps me simmer down and get ready for a new lesson.

Child Aged 9



We asked children to draw what learning looks like



What next?

Educate - Governors and other school stakeholders

Move and Learn Policy - will be created and put forward to Governors

Further embed Move & Learn:

- Introduce to new staff
- Outline and reinforce expectations

Further role out:

Include Move & Learn in 1 lesson each morning/afternoon and include 1 energiser per day

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

