

Prioritising Physical Activity in a School Improvement Plan

Statistics in our area



Post covid
obesity was a
high concern
at our school.

63%
of children (age 5-16)
in Burnley are **not**
physically active

For under 19-year-
olds, unplanned
hospitalisation for
asthma, diabetes and
epilepsy is significantly
higher than the
rest of England

Life expectancy in Burnley is significantly worse than the rest of England

Children's health and wellbeing

A healthy childhood lays the foundations for a healthy adulthood and these indicators provide a useful overview of children's health in Burnley.

24.5% of reception children are overweight or obese (2019/20 - 2021/22)

37.6% of Year 6 children are overweight or obese (2019/20 - 2021/22)

37.9% of children (age 5 - 16) are physically active (2020/2021)

Comparison with England (2020/2021)

Green Better

Red Worse

Yellow Similar

Source: Fingertips, Local Health Profiles (district)

Vision

not to make our children **another statistic**,
we want to **change the narrative!**

What did we do?

Senior Leadership Team



How can we
start embedding
physical activity
into our school?

Headteacher

shifted focus
to prioritising
physical
activity in
our school
improvement
plan



**Heatmapped
our school day**
identifying times we
are most sedentary

What did our teachers think about Active Prayer & Liturgy?

"Children are
happy and more
engaged after
assembly"

Mr Khan,
Year 4 Teacher

"I have found our children are more
alert and ready to start the first lesson"

Mrs Hoggatt, Year 1 Teacher

"Children, especially our disadvantaged,
are more engaged and making progress!"

Mrs Wilkinson, Year 3 teacher

What did our children think?

"It makes us feel
better and more
healthy"

Imaan, Year 3

"It helps me
answer more
questions"

Anthony
SEND pupil, Year 3

"It helps us
not be tired in
lessons"

Freddie, Year 3

"It makes us more awake
and switches our brains on"

Charlie, Year 4



Active Prayer & Liturgy

We identified
2.5 hours per
week where
we can reduce
sedentary
time

As a Faith
School we pray
everyday. We are
sedentary whilst
doing it!

What next?

- increase active learning across the curriculum
- staff training for active learning
- share learning across other schools in our trust
- embedding the culture of movement and vitality into our school

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

