

Move, Focus, Thrive: Active Kids = Stronger Minds

Together
an Active
Future

St Joseph's Park Hill, Burnley



We won the Active Burnley Primary School of the Year Award 2024



We are proud to have achieved the Platinum School Games Mark since the year 2018/19

What we do

- 1 hour of playtime a day
- Sports Crew lead activities every playtime
- Daily Mile every day
- Weekly Forest School, Drama, Dance, Active Music, PE, Games and Swimming lessons
- Active extra-curricular clubs every night after school



All children have the opportunity to achieve 60 active minutes

Every child has the opportunity to represent school in sports at least twice a year

However...

- Children were sitting for long periods of time during Numeracy, Literacy and other core subjects.
- Our intake of children with SEND or additional needs has increased to 27%.
- We have seen a rise in children needing wellbeing and mental health support.
- Children's focus and concentration levels in lessons has decreased resulting in more disruptive behaviours.



What changed?

Practice

- Energisers used to transition between two lessons.
- Plan for opportunities to get the children moving during all lessons in the classroom.
- We invested in new equipment for playtimes to encourage more active, creative play.

Policy

- Creating a physical activity policy to set expectations of ensuring children are active in all areas of the curriculum.
- Subject Leaders to include physical activity within their strategic plans.

Staff Training

- Teachers and TA's throughout school have received training on the importance of movement throughout the school day.
- Investment in new resources to increase movement in the classroom.
- Staff feel confident and are all onboard. All teachers have implemented energisers into their lessons.

What led to the change?

- Ready Set Move Programme.
- Building relationships with SLT & Governors.
- Advocating the importance of movement and physical activity with school stakeholders.
- Delivery of active learning CPD.



Relationship Building

- School staff sharing ideas and resources.
- Sharing impacts with our school community.



Learning Together

- Investing in our workforce with additional training.
- Building upon our existing strengths and knowledge as a school team.



Investing in Strengths

Outcomes

- ✓ Children are more engaged and attentive in lessons.
- ✓ Lessons are described as 'fun and active'.
- ✓ Improved behaviour especially in children with SEND and additional learning needs.
- ✓ A positive impact on children's wellbeing and mental health.

Since making my lessons more active, I have seen an improvement with engagement, behaviour and willingness to learn. The children are also able to recall what they have learnt more easily and their enjoyment for learning is evident in every lesson.
Year 1 Teacher - Miss Earnshaw

St Joseph's have identified making their curriculum lessons more active as a whole school priority. They have committed to skill development training for a member of staff to lead further change across their school.
SGO - Helen Tyson

I love being more active at school and not just sitting down all the time in class. It's more fun when we get to move around the classroom, it helps my brain to think more when I do my work.
Year 3 pupil - Freddy

Introducing more active participation in lessons has meant that our pupils are demonstrating increased concentration and focus, which enables them to achieve lesson objectives easily. It is clear when observing active lessons, that the children thoroughly enjoy being more active.
Headteacher - Mrs Whitehead



What next?

Resources

Continue to invest in new resources that will support our active lessons.

Educate

Governors, parents and other school stakeholders.

Physical Activity Policy

Finalise our policy with the Headteacher and share with all members of staff and governors.

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

