

Introducing physical activity across our school day

St Mary's and St Joseph Primary School, Blackburn

Together
an Active
Future
»»»»»



We offer a comprehensive enrichment programme which all children have the opportunity to access...

BUT

Only a select number of children are taking up these opportunities meaning that we are not hitting the children who are most in need

Only 21% of young people in BwD are active for an average of 60 per day

Only 19 out of 207 pupils have ever been swimming outside of school

70% of our children are EAL with 19 different languages spoken in school

51% of our pupils attend mosque after school

40% of our children are in the bottom 10% of deprivation nationally

Only 10% of children attend a club outside of school hours

What changed?

Policy Physical activity policy was created - highlighting our expectations and aims for activity in school.

Classroom Minimum of 15 minutes active learning in classrooms was introduced throughout school.

Playground Transforming our playtimes to facilitate activity for all children.

Staff training Trained staff in active learning strategies to increase confidence and a 'bank of resources' were created and shared.

What led to the change?

Supportive SLT

- SLT championed the new physical activity policy and encouraged staff to try new ideas because they understood the need for our children to be active.
- Headteacher protected time and space for staff to attend Ready Set Move training.

Empowering staff

- Welfare staff involved in the co-design of playground zones.
- Welfare staff given freedom to resource and confidence to deliver different activities.

Empowering pupils

- Children trained as play leaders and movement ambassadors to promote physical activity and movement during lunch and playtimes.

The staff training really inspired me to begin using larger spaces like the playground and hall as part of my daily learning environment, and the children love it!
Simone Addy, Year 2 teacher

Using the active learning strategies and classroom energisers has really increased engagement, especially for the SEND pupils in class.
Lisa Thornley - Year 3 teacher

'I like learning letter sounds outside.'
Liva - Year 1

'When we need to move in our activities, I feel I can really show my learning better'.
Dilawar - Year 3

I'm excited to see how active learning will run alongside our new curriculum and will impact on pupils' progress, engagement and wellbeing
Mrs. Thomson - Headteacher

The staff training gave us some really practical ideas and adding a new active strategy to the staff board weekly is really helpful.
Miss Shepherd, Year 1 teacher

Outcomes

- ✓ Staff are much more confident to incorporate active learning strategies into their planning and lesson delivery
- ✓ Welfare staff feel more confident to deliver physical activity opportunities across play time
- ✓ Move and Learn coordinators working across school to lead the growth of an active curriculum
- ✓ Created better conditions for children to be more active across our whole school



What next?

Parents - Promoting to parents the importance of physical activity through the delivery of child and parent activity sessions in school.

Physical Activity Policy - plan to further embed physical activity across our curriculum and school day and to include physical activity in wider school policies.

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

