

Improving behaviour through Active Play Times

St Pauls C of E Primary School, Rawtenstall

Together
an Active
Future



Children were not being active during lunchtimes, and were falling out due to football

Children reported being bored and there was a high number of behavioural issues being logged on the school system

Physical Activity in School day

Light: 1hr 39m
MVPA: 30 mins

30% meeting guidelines (30 mins)

Physical Activity in 24 hours

Light: 3hrs 17m
MVPA: 1hr 3m

50% meeting guidelines (60 mins)



SEND compared to 17% nationally



What changed?

Re-imagining play times by creating zoned areas within the outdoor space, to ensure children had more opportunities for different types of play. For example:

- Trim trail
- Sports Zone
- Games Zone
- Creative Play
- Free Play Zone
- Quiet space

What led to the change?

Staff development

Staff training
Supportive senior leadership team

Ready Set Move

Learning with others

Co-designing with pupils

Pupil insight
Youth leadership (investing in play leaders)



Relationship Building



Connecting



Learning Together

It has been so beneficial for all our children to have different opportunities to be active. The smiling faces of the children show the impact it is having on their wellbeing and health.
Year 6 Teacher

Outcomes

- Reduction in behavioural incidents being reported at lunch time
- Increased staff confidence to teach
- children new skills
- Welfare staff have better relationships
- with children
- Improved school attendance
- Children happier and more engaged in play



What next?

Improve knowledge and understanding of the importance of healthy eating.

Using our physical activity data to engage with parents to encourage movement and positive behaviours out of school.

Welfare Staff Training to continue to develop their confidence.



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

