

READY, SET, MOVE >>>>>

Middle Leaders Programme



A whole school approach to embedding a positive physical activity culture

The Ready Set Move Middle Leaders programme is **fully funded** and is part of Together an Active Future (TaAF). At TaAF we have been given the opportunity to work out how we can change the way things work to make being active easier for everyone. We believe that in order for schools to fully develop a physical activity culture and embed this at the heart of a school, a whole school approach is needed.

Using the research based Whole School Activity Framework and tool kit, Middle Leaders will review their schools current provision and work with Senior Leaders to identify and select priorities that will lead to their school becoming more active. Middle Leaders will lead and manage this project within their own school.

Schools will look at how they can embed evidence based solutions to increase activity level around the following areas :

Developing an Active Curriculum **Active Enrichment**

Active Play

Active Travel

Parental & Community Engagement



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about TaAF at
www.taaf.co.uk

**Together
an Active
Future**
>>>>>



What will you get out of the programme?

For the Middle Leader

Developing leadership skills and feeling more confident and competent to lead change in their school.

Awareness of their unique strengths and how a strength based approach can help them become an effective leader.

Understanding whole school approaches and how whole system change leads to long term and sustained behaviour change.

For our Young People

Young People are healthier and happier!

For the School

Schools make lasting and sustainable change to their existing practices and policies which result in more young people becoming physically active.

Improved whole school outcomes.

What will the programme include?

A diary of training and development days across the year

One to one support with the programme lead

Access to leadership development through a training day and one to one follow up session delivered by Richard Varey - 'Fearless Leadership'

Support to develop a case-study and impact report

Applied learning opportunities through visiting other Active Schools

Access to a strength based assessment tool (Clifton Strengths) and the opportunity to explore how they can maximise their strengths through one to one coaching sessions with a certified coach

Evaluation in partnership with Edgehill University A user license to access the Creating Active Schools tool kit

Move & Learn - Professional development training and resources on physically active learning in the classroom

What we ask of you:

- To work with us until June 2027
- A commitment to attend all training sessions as listed above
- Completion of the Creating Active Schools Tool kit
- Creation of an action plan and implementation of a project that will strive to increase the activity levels of your young people
- A commitment to support the evaluation of the programme and your project with our research and evaluation team
- A willingness to influence others across the network

What else should you know...

Schools will receive a total payment of £1200

This should be used to protect the time and space and cover costs to allow Middle Leaders time out of class to attend the training dates and lead on this piece of work in school. This will be split into two payments of £600.

Date & Venue	Who is it for?	Content
Fri 25 th Sept 9am - 3pm ----- Lodge House, Burnley	Middle Leaders - all day Head Teachers - Morning only	Ready Set Move Programme Overview Understanding whole school approaches to delivering a positive physical activity culture. An introduction to the Creating Active Schools (CAS) framework and how the CAS toolkit can be used to identify, set priorities and support whole school improvement. This session will also include an introduction to Clifton Strengths and opportunities to complete the assessment tool.
Thurs 5 th Nov 12.30 - 3.30pm --- Broadway Primary School, Rossendale	Middle Leaders	Active Pedagogy A school tour to see first-hand the impact Ready Set Move is having across a local school who joined the programme in January 2023. This session will also include an opportunity to speak with one of our alumni middle leaders. The latter part of the session will include skill development with our partners Move & Learn : adding purposeful movement into curriculum learning.
Fri 15 th Jan 9am - 11.30am ----- Lodge House, Burnley	Middle Leaders and Head Teachers	Planning for Change! Understanding your system and planning for long term change. How can the socio-ecological model (Onion!) be used to support our mission to get children moving. Creating an action plan for embedding movement into the school day.
Weds 24 th Feb 8am - 4pm --- Birkby Infants, Huddersfield Transport provided	Middle Leaders	Active Pedagogy A visit to a school who has been awarded 'Centre of Excellence for Physically Active Learning'. We will see how Move and Learn has been adopted by practitioners and embedded into school setting, and how this is enhancing the curriculum to supporting children to know more and remember more. Move & Learn Session 2: Embedding movement across the curriculum.
Thurs 18 th March 9am - 3.30pm ----- Lodge House, Burnley	Middle Leaders	Influencing Change & Reconnecting with Our Strengths Fearless Leadership facilitated by Richard Varey, exploring the value and impact of the principles of fearlessness and how this approach will help you win the hearts and minds of your colleagues. We will also set aside some time to share progress, successes and challenges.
Fri 23 rd April 9am - 3.30pm ----- Lodge House, Burnley	Middle Leaders	Culture, Mindset Shift & Developing Our Significant Change Building a positive physical activity culture across school and why this matters. Using our strengths to help tell our change stories with influence. Opportunity to spend time with fellow leaders to help prepare and develop your change story. Move and Learn Session 3: Active Pedagogy Revisit the active pedagogy approach and re-focus on how this can be rolled out across whole school.
Weds 16 th June 9am - 3pm	Middle Leaders and Head Teachers	Sharing Our Story of Change with Influence A first opportunity to share with peers your story of change, showcasing the work you have done and the impacts you are starting to see across whole school. This session will also include a bit of fun, celebrations and finding out more about the next steps.



“ It is clear that the quality of the CPD you are providing is of an exceptional standard and I feel so lucky that our school is part of such a fabulous project. I know Mollie's confidence has also grown tremendously and it has given her a sense of direction, both personally and professionally as a result of being involved in Ready Set Move. I would like to say a personal thank you for this. ”

**Mrs E Mason, Head Teacher
Whitefield Infants**



To find out more about the programme or for any questions contact:

Helen Newman, Active Schools Programme Lead

Tel: 07854 350 748

Email: Competitionmanager@btrcc.lancs.sch.uk

Register here:

www.taaf.co.uk/middle-leader-application

Throughout the programme we will work with various partners to provide the best possible training and development we can.

