

Bishop Lonsdale C of E Primary

Active schools programme – A whole school approach to physical activity

June 2022

The Active school programme supports the following key indicators:

Key indicator 1: The engagement of all pupils in regular physical activity – Chief Medical Officer guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school

Key indicator 2: The profile of PE and sport being raised across the school as a tool for whole school improvement

Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport

Key indicator 4: Broader experience of a range of sports and activities offered to all pupils

We have accessed through the Active School programme:

| Phase one | Phase two | Phase three | Phase four |
|--|--|---|--|
| Baseline assessments across school <ul style="list-style-type: none"> Height, weight, fitness levels measured ‘Active School’ assembly to launch programme and an active challenge set for children Lunchtime games sessions | Staff meeting (training session) Active learning across the curriculum Interventions: Physical Literacy programme: baseline and second measures of physical development. Training and intervention programme run for targeted pupils Rammie’s Healthy hero lunchtime club - Healthy lifestyle programme for targeted pupils who are overweight and/or inactive | Continuation of universal daily physical activity Access to Live IT programme – to support children who are overweight, and their families (one year support) Re assessment of fitness levels across school to measure impact Rammie’s Little Movers - 6 week programme to support nursery and reception pupils with good physical development and healthy eating messages | Data analysed and fed back to school Outcomes for Sport premium reporting identified Next steps identified |

Ongoing

Support and planning meetings with Active school Manager

Parent workshops/events – linked to Live IT programme

Access to support and delivery from DCCT Super Schools

Active schools programme – Impact

Key indicator 1: The engagement of all pupils in regular physical activity



Daily physical activity increased by 27 minutes (not including lunchtime)



4 out of 5 children improved their physical development with 4/5 at age-appropriate physical development at the end of the 6-week intervention. Pupils increased their average milestone score from 9.2 to 13.8



47% of children increased their fitness levels by the third assessment. They increased their distance ran by an average of 451m in 10 minutes.

Active schools programme – Impact

Key indicator 2: The profile of PE and sport being raised across the school as a tool for whole school improvement



Staff saw the following key changes in pupil behaviour after physical activity

Increased concentration

More alert and ready to learn

More relaxed

Better engaged in lessons

Happier

Increased stamina

More resilient – doesn't give up so easily

Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport

71% of staff said they felt more confident to deliver physical activity as a result of the Active school programme

'Quick, active ideas to keep the class focused and re engaged'

'great selection of games to keep the children active and engaged in the classroom'

Staff particularly enjoyed and were keen to use:

Military March times tables, water cycle dance, Number Bond relay race and active story telling



Key indicator 4: Broader experience of a range of sports and activities offered to all pupils



One staff meeting to increase staff knowledge and understanding of the importance of physical activity and ways to increase physical activity across the school day

Daily Mile running across school

Short bursts of physical activity introduced in lessons as part of learning or an active stop

New lunchtime games introduced as part of Rammie's Healthy Heroes

Rammie's Little Movers delivered to all nursery and reception children

29 children attended Rammie Healthy Hero club

25 children attend Live IT – child weight management programme

Active schools programme – Impact

Key indicator 4: Broader experience of a range of sports and activities offered to all pupils

Rammie's Healthy Hero/Live IT pupil feedback:

100% of pupils said they were happier since they'd taken part in the club

What made you happier?

- 89% said they felt fitter and stronger
- 94% said playing games and having fun
- 89% said working with friends
- 94% said they felt more confident to have a go at something new or try new foods
- 100% said they were eating more healthily

'Enjoyed playing Duck, duck Goose', 'Learning about fruit and Veg in a fun way'

Have you been more active since joining the club?

- 100% said yes

If yes, what sort of things have you done to be more active?

- Joined a new club
- Doing the Daily Mile
- Running round more at break and lunchtime
- Doing some exercise at home

Next Steps:

- Continue to build in additional opportunities to improve fitness levels of all children e.g time for the Daily Mile, skipping activities at breaktimes, active travel
- Continue to build in active learning opportunities across the school day and to offer short bursts of activity with online programmes such as Go Noodle
- Share findings from Active school report with all staff and new PE coordinators to begin to liaise more closely with Arwen for planning and progress meetings next year.
- Physical literacy to continue as a targeted intervention
- 'Live IT' programme to continue in school for children who need support with managing a healthy weight. Identify new children to join from September and continue to promote the programme with parents
- Rammie's Little Movers 6-week programme to be delivered to reception classes to support good physical development and healthy eating messages