Gayton Junior

DERBY COUNTY Community Trust

Active schools programme – A whole school approach to physical activity

March 2018 – April 2019

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

This year we have accessed through the Active School programme:

April - Aug	Sept - Dec	Nov - March	April to June
Audit and development plan produced Baseline assessments across school • Height, weight, fitness and physical activity levels measured • Teacher audit to capture staff confidence in delivering PA in the curriculum 'Active School' assembly to launch programme and an active challenge set for children Lunchtime games sessions and resource	Staff meeting – Active School programme launch and training session Physical Literacy training session **Universal Daily Physical Activity programmes:** making our school day more active Rammie's Daily Mile Active learning ideas for across the curriculum **Interventions:** Physical Literacy intervention year 2 + Rammie's Healthy hero lunchtime club - Healthy lifestyle programme for targeted pupils who are overweight and/or inactive (8 weeks)	Continuation of universal programmes Access to Live IT programme – to support children who are overweight, and their families (one year support) End Feb – Re assessment across school to measure impact	Data analysed and fed back to schools Outcomes for Sport premium reporting identified Next steps identified

Ongoing
6 x support and planning meetings
Development of physical activity policy
Parent workshops/events – linked to Live IT programme
Support from DCCT partners: School Sport Partnership and Premier League Primary Stars

Active School report

Active schools programme – Impact

Under the Ofsted Schools Inspection Framework, inspectors will assess how effectively leaders use the Primary PE and Sport Premium and measure its impact on outcomes for pupils, and how effectively governors hold them to account for this.

Key indicator 1: The engagement of <u>all</u> pupils in regular physical activity

/30 minutes of physical activity

Daily physical activity increased by an average of 17 minutes across the school day

Improving physical development

10 out of 10 children improved their physical development
With the baseline score increasing from an average of 4.7 to 12.9 out of 19

Increasing fitness and stamina

40 % of children increased the distance ran in ten minutes by the second assessment

10 minute run	Distance run metres	% of children
Baseline	Below 799 m	2%
	800 m to 1599 m	82%
	1600 m +	16%
Second measure	Below 799 m	5%
	800m to 1599 m	77%
	1600 m +	18%

Active School report

Active schools programme – Impact

Under the Ofsted Schools Inspection Framework, inspectors will assess how effectively leaders use the Primary PE and Sport Premium and measure its impact on outcomes for pupils, and how effectively governors hold them to account for this.

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

Positive impact on readiness to learn

% of staff saw the following changes in pupil behaviour after physical activity

More alert and ready to learn 93%

Better engaged in lessons 71%

Happier 79%

Increased concentration, stamina and resilience 64%

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

Improving staff confidence to deliver physical activity

57% of staff said they felt more confident to deliver physical activity as a result of the Active school programme

' The Daily Mile has had the highest impact on increasing physical activity in school….is a game changer'

Physical Literacy training 'I've enjoyed all the activities and found them all interesting', 'I've seen how you can help the children and the benefits that good physical development can bring', 'I've learned a lot from the training and really enjoyed the practical sessions'

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

/30 minutes of physical activity

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

Physical Literacy training and intervention

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

15 children attended Rammie's Healthy Hero lunchtime club

3 children attend the Live IT programme

Active school report

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

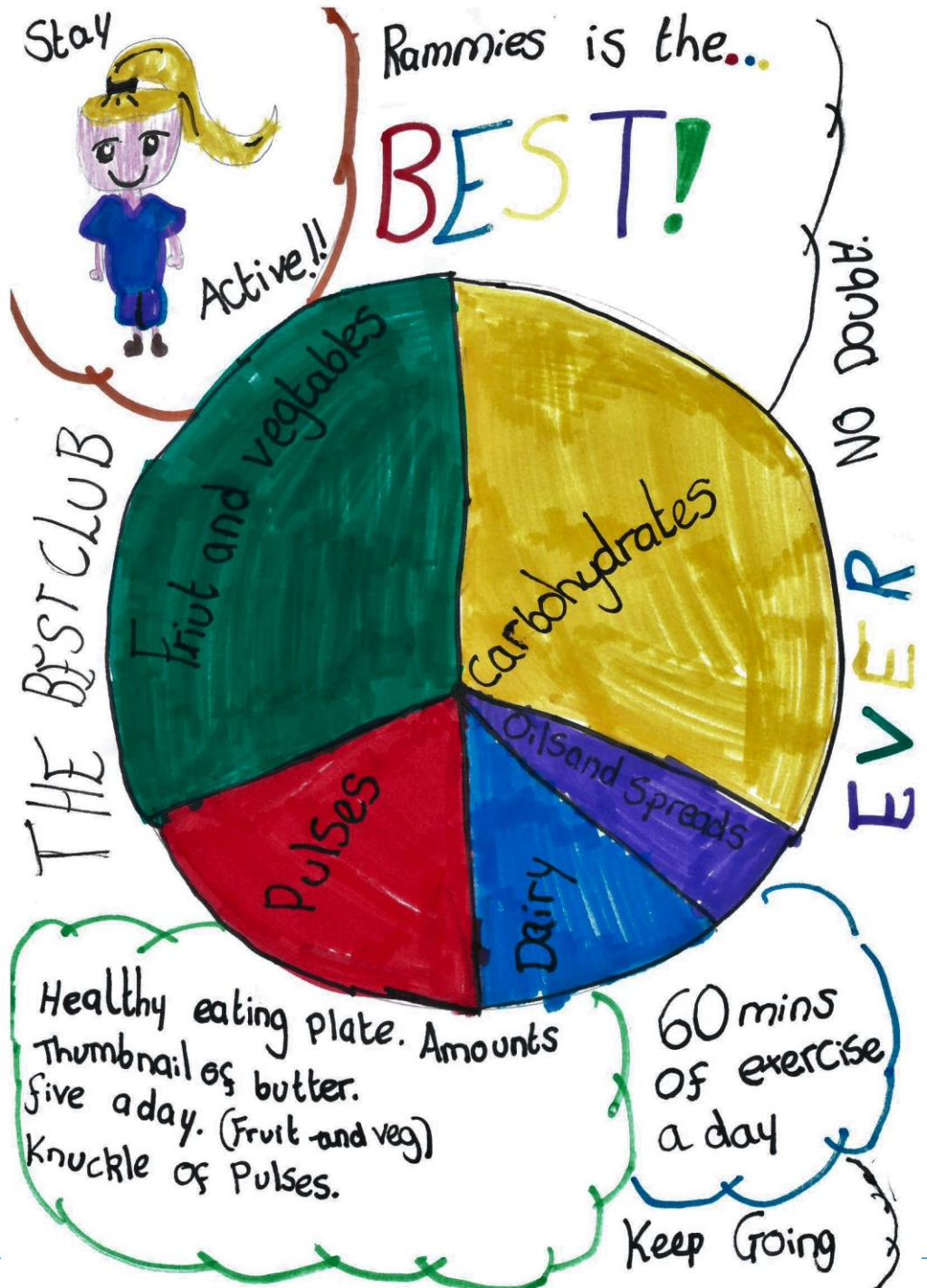# Active school report

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

What did we learn at Rammie's Healthy Hero Club?

Stay Active!!

Rammies is the... BEST! EVER No Doubt.

THE BEST CLUB

Fruit and vegetables

Carbohydrates

Oils and Spreads

Dairy

Pulses

Healthy eating plate. Amounts Thumbnail of butter. five a day. (Fruit and veg) Knuckle of Pulses.

60 mins of exercise a day

Keep Going

Active school report

Active schools programme – Impact

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

Next Steps:

1) Continue with the Daily Mile and introduce some of the cross curricular ideas to keep momentum

2) Monitor how many classes are using the online short bursts in lessons and offer further training if required

3) Share findings from Active School report with all staff

4) All key stages planning in an active lesson each week.

5) Physical literacy to continue

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