

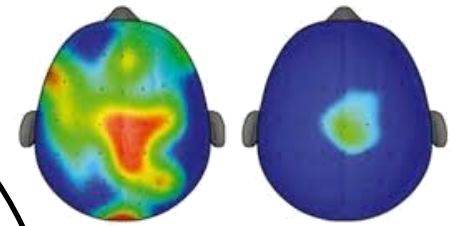
1. Whole School Plan

The Health and Wellbeing of every pupil is a priority in our school plan and includes physical activity, physical education, school sport and family activities



2. Active Lessons

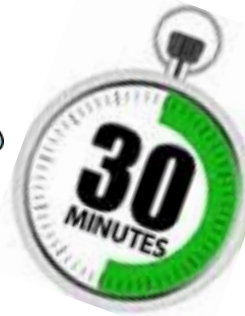
In our lessons the children move a lot or have active breaks because active children achieve more, concentrate, behave and socialise better.



Exercise

No Exercise

Activity, at the heart of our school!



Every child meets or exceeds 30 active minutes every day

3. Active Travel

We have a plan which actively supports every pupil to walk, scoot or cycle to and from school safely each day.

RIDE or WALK to school

4. Opportunities for all

We have a wide range of opportunities for every child to enjoy physical activity. These include before and afterschool clubs, leadership programmes, sports teams, competitions and links to community and family activity



How to Activate Your Schools Pledge

Making your school an active and energetic environment for every pupil, regardless of ability, will help to ensure excellent social, emotional, physical and mental wellbeing outcomes for every pupil.

So, you've made a pledge to become an Active School, thank you! But what does this mean and what can you do to get there?

We believe there are three key building blocks or pillars which will help you to become an Active School, in every sense of the word and for every pupil in your community. These are:

Physical Activity

- Promote Health and Wellbeing across the whole school for every pupil, including disabled young people and make physical activity a key part of this
- Plan, support and encourage active travel for every pupil, create parking zones and walking buses away from the school site
- School break times are activated with a range of fun opportunities, games and all led by young people where possible
- Make sure you are doing a sustainable and whole school physical activity intervention such as The Daily Mile, this ensures every pupil achieves 15 minutes of exercise per day
- Every pupil must now achieve 30 active minutes in school every day, this can be built with blocks of time but no less than 10 minutes
- Choose activity that fits into your school day, is simple and easy to deliver with no fuss!

School Sport & Competition

- Provide a wide range of extracurricular sporting opportunities which appeal to all pupils, including disabled young people
- Engagement with local School Sport Competition (School Games) will allow pupils to explore new sports, to meet new people and to develop values such as respect, team work and determination
- Strong relationships with community sports clubs/ groups will help you to offer a varied menu of provision and will also open opportunities and continuity outside of school for your pupils

Physical Education (PE)

- Learning the importance of an active life and developing the skills to access activity and sport are crucial life skills. The minimum for Physical Education is 2hrs per week and an active school must deliver this
- To be sustained PE should be delivered by teachers and supported by other experts who can help to build confidence and upskill your teaching staff
- Good facilities, spaces, equipment and training are in place to provide a positive experience for pupils
- All pupils are provided with the opportunity to achieve minimum swimming standards at Primary School (NC)

Active Programmes to achieve your 3 pillars:

'Daily Mile'
'Golden Mile'
Change 4 Life
Sustrans – Active Travel
Living Streets
Forrest Schools
Wake up shake up

School Games/SG Mark
Satellite Clubs
Change 4 Life
YST QMark
afPE QMark

afPE QMark
YST QMark
Sport England
Ofsted
Department for Education