

Activity Zones Fairfield Primary School

Which Key Indicator does this impact against?

1. The engagement of all pupils in regular physical activity (including 30 mins daily activity) ✓
2. The profile of PE and sport is raised across the school as a tool for whole-school improvement ✓
3. Increased confidence, knowledge and skills of all staff in teaching PE and sport ✓
4. Broader experience of a range of sports and activities offered to all pupils ✓
5. Increased participation in competitive sport ✓

Fairfield Primary School is an above average sized primary school with 492 children on roll. It is located in Fairfield, Stockton-On-Tees. Andrew Ruffell is the School Head and has helped with the implementation of the activity programme.

Why?

We are a school that champions the positive benefits that a healthy and active lifestyle can have for our community – not only through improved physical health, but also through improved mental health, happiness, self-confidence, social skills and a feeling of belonging to a like-minded community. We are very proud to be a school that serves its community and are keen to make a positive difference to our local area. Stockton-On-Tees is the town with England's biggest gap in life expectancy and we believe that, by targeting our children (and by extension, the adults involved in their lives – their families and the staff who work in school) we could have a positive impact on the life chances of our local community.

We have made it explicit to parents and staff that we are committed to being an active school. Active playtimes are always encouraged; time has been taken away from traditional academic subjects to embed daily physical activity (Year 1 – Year 6 skip daily for ten minutes); we have used Sports Premium funding to employ an additional adult to support physical development in Early Years; we have used Sports Premium funding to employ a PE teacher to improve the quality of our PE curriculum and increase participation in a wide range of activities; we have supported sporting activities for staff and parents (e.g. Pilates for staff, running club for parents, staff and children, encouraging staff to participate in staff and pupil ballroom dancing competitions, after-school fitness sessions for staff); we encourage the use across school of Maths of the Day active maths resources; we have numerous sports teams across a variety of ages; we run numerous after-school clubs.

What?

Children, staff and governors are kept informed of ongoing and future activities and participation across a wide range of sports and activities is encouraged. We take part in as many competitive sporting activities as we can and have even started to plan our own sports festivals to involve other schools within our local cluster. By using a qualified PE teacher to deliver PE lessons, our children receive an excellent PE curriculum and staff are able to access support and CPD in school themselves.

We have also used support from external providers to help us to develop particular aspects of our PE curriculum (e.g. the local authority helped to support staff in using Funky Feet activities for Early Years; we used the expertise of The Skipping School to help us to teach our children from Year 1 to Year 6 to skip; we used Dave Gibson from Skip2bfit and Box2bfit to help provide support and CPD for teachers to show how they could extend the skipping activities that they already did with their classes). Some of our governors have also provided their own experience and expertise by helping to organise and deliver our parent/pupil/staff and governor running club (completing the Couch to 5K programme).

Staff have been supported to become more active and healthy through our participation in the Better Health at Work Award (we achieved Bronze last year and are going for our Silver Award this year). Middlesbrough Football Club also provided support through their mobile Health Bus for staff (booked again for April 2019).

Behaviour Change & Impact

Children are positive about sport and being active. They recognise that our school is different to others, because being active is at the heart of what we do. We don't have any hard evidence to prove that our increased activity has had a positive impact on children's academic ability, or even that it is having a demonstrable impact on their physical or mental health. However, I certainly believe that without this focus on physical and emotional well-being, our children would find it harder to achieve and be happy.

"All-inclusive atmosphere
she felt existed in your
School!"

"Just a note to thank you sincerely for both authorising the budget for your '2-day skipping event', last Thursday and Friday, and then for personally embracing the skipping activities my Coach Gail delivered to your colleagues and the children. I spoke with Gail about an hour after she had left you, and she was still 'on a high' from the positivity she felt she received, and quite emotional as well. As she indicated, she is a Primary Teacher by profession, and has with her 20 years of experience, the perfect qualification to make a judgement on the positive, supportive and all-inclusive atmosphere she felt existed in your School!! The recognition you and your colleagues gave her for her delivery of the skipping, and her interaction with your children, left a very emotive mark on her - so thank you! "

This feedback from Chris Corcoran (Director of Skipping School Ltd)

As a school, we have an ongoing school improvement priority to take steps to improve the health and wellbeing of our whole school community. This is a defining aspect of our ethos.

Next Steps