

## Active School Programme St. Paul's Roman Catholic 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 ✓

St. Paul's Roman Catholic Primary School is a below average sized primary school with 243 children on roll. It is located in Billingham. Sharon Tattersdill is the PE Lead for the school and has implemented the Active School Programme.

### Why?

Sharon Tattersdill is the PE lead for St Paul's Roman Catholic School. She wanted to focus on creating a sense of community within the school. She hoped to involve the children, parents, teachers and the wider community. Using this programme the school are hoping to introduce a sense of teamwork throughout.

There is an ongoing desire to support the children to be more alert and present in the classroom and to reinforce the effective work ethic that already exists within the school environment.

All teachers at St Paul's Roman Catholic school have been encouraged to include physical activity into their lesson plans. This aims to ensure children are not sedentary for extended periods and they can complete at least 30mins of physical activity each day.

### What?

There are a number of different strategies that have been implemented within St Paul's. The first one being the introduction of the Active 30, to ensure each pupil has a minimum of 30 mins of physical activity each day and to reduce time spent sedentary. The methods used to break up extended periods of sitting are:

- **The 2-minute Jump Start Jonny exercise videos:** are used in classrooms to break up long periods of time when the children are sitting. There are different types of videos to suit the situation such as active and calm down versions. Challenges can be undertaken using the videos and personal scores recorded linked to the School Games mark.
- The use of the **Dice Breaks**.
- The **Bobsleigh Slalom** video.

St Paul's have utilized a number of other strategies/schemes to help ensure physical activity is being used as a tool for whole school improvement. PE Leaders have been linked to the School Games Mark and the focus of the Sports Crew is to ensure that playtimes and lunchtimes are active. More focus upon competitive sport being inclusive of all. There are now 4 teams based on Saint names have been formed to participate in Level 1 competitions. A box of equipment is available in each classroom including weighted hula-hoops for throw and catch activities, helping children focus during lessons. Finally, an overall approach to help has been adopted with Change 4 Life Lunchtime Club every week focusing on healthy eating.

## Behaviour Change & Impact

Through the utilization of the Brain Break videos, the children experienced a new routine and have an understanding of what it is like to be more disciplined around activity. The children are now more aware of the routine of doing an activity, drinking water, then sitting down and starting work. Understanding the importance behind what they are doing and why.

The Active 30 minutes has improved children's concentration and the active playtimes and lunchtime has built up an ethos of teamwork, resilience, determination and not giving up. The children have benefited hugely from the active break and it has created an interest and an increased willingness to be physically active during the sessions and throughout the remainder of the day. There has been a noticeable improvement in behaviour in terms of working together and wanting to be part of a team. The older children are taking responsibility for looking after the younger ones and are becoming role models. As a member of the sports crew during active breaks children are able to develop leadership and organizational skills along with increasing their physical activity levels.

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The equipment purchased for each classroom has given the children the opportunity to improve fundamental movement skills through practice and participating with throwing and catching activities during lessons.

The School Games values have become integrated into all the whole school and is displayed on a large board as a visual reminder.

Parents have even been telling us how their child logs on to the free videos to use at home!

Continue with the Active School programme and the Active 30. Ensuring that participation in physical activity and/or sport is encouraged throughout.

## Next Steps