

Prepare for a staff meeting/discussion with Headteacher/Governors, regarding embedding physical activity into the school day....

Active Breakfast Club. 5/60 club. Change 4 Life. Sports clubs. ACES-All Children Exercise Simultaneously. Take 10. Shock Gym. Golden mile. SEN interventions. Dance. Yoga. Active 8. Brain Gym.

The school day

Before School

Whole School Wake & Shake. Travelling to school on foot, by bike, scooter etc. Morning relaxation clubs-tai chi. Kids club-physical activities. Floor markings. Equipment-zoned areas. Social interactions. Transition into school.

Brain activity-Ready for learning. Increased brain activity. Right & left connections.

Break times

Zone Activities. Change 4 Life. Bikes/Scooters. Rotate classes around different areas. BYA sports clubs. Skipping ropes to school.

Different equipment out. Play leaders-challenges. Role play/stage area. Change 4 Life. Transition into lessons.

Feelings-Increased confidence. Happy. Self-image. Emotional well-being. Self-Belief.

Lunch time

Mini-Leaders organised activities. Art area. Giant snakes and ladders. Parachute. Lunchtime clubs. Level 1 competitions. Mini leader challenges. Play leaders. Social interactions. Drama/Singing. KS2 coaching KS1. Stereo and stage outside.

Clubs. Change 4 life. Bronze Young Ambassadors. Mini-Leaders. Gardening. Playground divided into different sports sections.

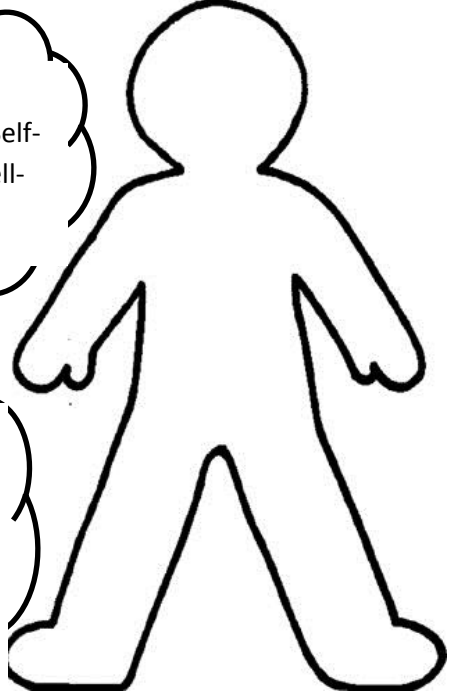
Behaviour-More focused, better concentration, teamwork. More engaged. Decreased number of playtime incidents. Discipline.

After school

Clubs- a range of competitions (Inter-school). Promoting outdoor clubs for children to go to. Level 2 & 3 competitions. Celebration sports. Friendly events. Can do clubs.

School-club links. Travelling from school. Gardening. Sports links with community. Embed skills. Activity books- tracking activities. '5 a day' challenge-diary.

Body-Healthier, Stronger, Stamina. Active. Progressive physical development.



HOW?

= Embedding Physical Activity into the school day

WHY?