Every year, as a school we aim to encourage as many children to be as active and healthy as possible. We strive to encourage all children to take part in 60 active minutes of exercise a day, not inclusive of PE lessons.

To ensure this is achieved we use the active heat map and identify where the least active times of the day are. We then use tips provided to improve activity levels along with training provided by the school games officer, adopting new initiatives when they arise. Currently, we run the daily mile and have done for a number of years to ensure each child received 15-20minutes of active movement a day. This year, a member of staff attended active maths training after identifying children were least active during lessons and this has been disseminated in staff meetings to ensure all staff are able to use activities which encourage movement rather than lengthy periods sitting still. Staff have commented on the raised concentration levels, particularly in classes where behaviour is more prominent. Our sporting maths mascot ‘Matty’ has also been used and implemented successfully to link our learning values to our sporting values within the curriculum and children enjoy receiving him weekly in assemblies.

In staff meetings, ideas are shared and resources provided to encourage further activity. Staff are now using ideas from the active school planner and change for life initiatives within their lessons. Staff have also begun to adapt and share active maths ideas which can be used across other lessons such as spellings and English to ensure as many active minutes as possible during the school day.

Additionally, during our school day, we create and offer as many opportunities as possible to inspire activity amongst the children. From morning and lunch time clubs, to additional sporting sessions and ‘golden time’ on a Friday involves sporting activities as an option. Workshops are also run to support our gifted and talented children and parents are invited in to see shows and performances created for them.

We look to develop the whole child within our sporting curriculum which has included offering mindfulness sessions and yoga within the curriculum this year. One child commented:

*“Mindfulness is a wonderful thing which calms children down, helps them just ‘pawsb.’ For a moment and it trains our minds. I have used it lots of times”*

A 2019 Ofsted inspection noted this positive aspect:

*The recent introduction of ‘mindfulness’ sessions for all classes has been in response to leaders’ checks which indicated that pupils’ spiritual development was not as strong as other aspects. Pupils commented positively on the effect these sessions were having on them.*

*As part of a much broader drive to boost pupils’ well-being, sense of self-worth, resilience and physical fitness, leaders have systematically developed the extracurricular opportunities on offer. The designated leader is unyielding in her determination to ensure that all pupils, especially those with SEND and other additional needs, access these opportunities. She keeps close tabs on what clubs pupils attend so that all pupils get the chance to cultivate their individual talents, pursue their hobbies and keep active. The sport premium funding is used exceptionally well so that it genuinely strengthens teachers’ capacity to deliver the physical education (PE) curriculum. The designated leader has a detailed implementation plan which she monitors carefully. As a result of very effective practice in this area, a high proportion of pupils participate in sport and fitness activities on a daily basis, belong to school teams and take part in sporting competitions.*

As a school, we offer as many opportunities to inspire the children to be healthy and active within the school curriculum. Across last year, we ran healthy lifestyle sessions across each year group with the local premier sports team. This looked at why healthy lifestyles are necessary and how they can be achieved. We also hold charity events with athletics who are selected to engage the children with inspirational stories, explaining the importance of physical fitness and linking this directly to sporting values. Furthermore, we utilise our pupils to engage children in sporting activities at lunchtimes through the use of sports leaders and invite classes to take part in forest school activities each term.

We do not just stop encourage children to be active during the designated school day, we also try to encourage children to take part in extracurricular after and before school. We run an extensive and varied sporting after school programme to try and ensure children take part in an extra hour of activity for free. Clubs this year have included: football, badminton, netball, tennis, dance, gymnastics, yoga and cricket. We keep and use a ‘least active’ register to try and encourage identified children to join these clubs and sometimes select them for extra sessions during the school day to build their confidence, teamwork and movement skills. Because of our extensive offerings we are proud to have such a high number of children take part in extracurricular sports clubs: 70% of children took part in clubs across the year including 79% of our SEN children and 68% of our pupil premium funded.

To ensure there are exit routes for children into community activities as a school we have always strived to have clubs in our school run by experienced members of the local community. This ensures that is a club is enjoyed by a child there is a direct link with the staff member to the club of interest. If there are not direct links, then as a school we source information for families where talented children have been identified to try and encourage them into the local community. Registers are kept to record the success of children moving into grass route clubs. Registers of joiners to see the success of local club links and encourage further activity out of school hours.

As a school, we have always encouraged and succeeded in having a large in take in sporting competitions - 60% took part in competitions in key stage 2. We aim to be inclusive therefore 73% of our SEN children and 63% of our pupil premium funded children were part of the overall percentage. Due to the activity levels increasing in the school day, we are also seeing an impact on sporting competitions within the local area. With more teams reaching vale stages of a competition (netball, cross county) and county (football and cross country). This is fantastic for the children as they experience success and sharing this with the school community through newsletters and assemblies inspires others to take part in clubs, training and try outs during the school days.

As a school, we believe it is important for children to feel success and a sense of competition. Therefore, we run competitions across the school year ensure everyone has a chance to compete and use and experience sporting values, with an emphasis on everyone taking part and fair play. This is successful as again children experience a sense of success and affinity as a team and it encourages them through experiencing sport this way to consider the clubs on offer.

For a school trying to accomplish the same goals, we would recommend seeking and attending training which offers ways to make lessons active and fun and looking for initiatives to encourage this during the school day. We also think it’s important to offer as many new sporting opportunities as possible to try and cater to all interest and needs and creating a unique curricular and extracurricular programme which helps to inspire and engage the children. Using role models to engage the children whether it’s through sports leaders are local community sports coaches has also been highly successful when it comes to encourage children to take up activities both within school and after school.

<https://stockham.eschools.co.uk/web/sport_at_stockham/222853>