**Active Lifestyles**

**North Yorkshire Healthy Schools**

This action plan is to record progress and evidence towards achieving the Active Lifestyles theme. The additional evidence required to support the criteria is detailed in bold type. You are asked to either write extra details into the action plan or upload additional documents online as evidence, when you apply for a Healthy Schools award.

Once all criteria have been achieved, please work through the Active Lifestyles ‘Theme content’ section online, adding evidence where required. Finally upload your completed action plan and Pupil Voice questions. Then complete a short online survey, essential feedback for our funders. Your evidence will then be submitted for assessment towards an award.

A reminder that one completed theme = Bronze award, two (plus Staff Wellbeing) = Silver award and all four themes = Gold award.

Please see the website Resources page for support, documents and information in relation to this theme. Any problems, contact us [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk)

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| **Criteria to be achieved for Active Lifestyles theme** | **Explain how each element of the criteria is already being met/ in place in school and the impact it is having.**  eg school provides a wide variety of physical activity opportunities for pupils to take part in during PE lessons and after school, including some suggested by pupils. Pupil engagement is good and uptake of clubs remains high. | **Detail your actions for putting in place criteria not already being met, with timescales. Actions must be complete before applying for an award**  eg the PE Premium report, which meets government guidelines, is being updated and will be published on the school website before the Summer holidays. |
| **Senior Leadership commitment**  The leadership and management of the school provides visible leadership and champions PE, School Sport and Physical Activity for whole school development and consistently monitors the provision that is being provided. |  |  |
| **Policy**  The school has an up-to-date physical activity policy that is regularly reviewed and reflects the provision that is provided within the school and has been developed in consultation with the whole school community. The policy should be inclusive of all physical activity opportunities including encouraging active travel to and from school.  **EVIDENCE UPLOAD: Policy** |  |  |
| **Subject Leadership**  There is a named PE subject lead in school with protected time and clear responsibilities and who has parity to other subject leaders in status and resources.  The quality of provision is subject to regular and effective self-evaluation which is monitored by the SLT and governors.  Our school has a governor advocating active lives/ PE & School Sport and supporting the PE subject lead.  **EVIDENCE UPLOAD: monitoring PE provision or governor report** |  |  |
| **Curriculum including monitoring and evaluation**  There is a taught planned programme for all year groups which meets the statutory requirements of the PE curriculum. The planned curriculum has adequate curriculum time and is regularly monitored and evaluated in parity to other similar subject areas.  **EVIDENCE UPLOAD: long term PE plans**  Pupil’s progress in PE is assessed and this progression is communicated to pupils and parents through school pupil reports.  PE and school sport are celebrated as part of whole school achievements eg linked to formal house/form rewards, assembly, an achievements noticeboard.  **Provide detail in the Action Plan of how PE and sporting achievements are celebrated in school.**  Messages around healthy lifestyles are sent home to parents and carers via eg Public Health Change 4 Life leaflets, local sporting opportunities.  **PRIMARY**  The statutory PE curriculum is planned to link with wider opportunities within the school for cross curricular learning e.g physical literacy and physical numeracy.  **EVIDENCE UPLOAD: of cross curriculum linking - upload planning as an example** |  |  |
| **Government recommendations**  The school seeks to ensure all pupils are meeting the Chief medicals officers’ recommendation of all pupils achieving at least 30 active minutes a day during school time. |  |  |
| **PRIMARY ONLY: PE Premium funding**  The schools PE and School Sports Premium funding website publication is up to date and detailed on the school website which must include the following information:   * The amount of premium received * A full breakdown of how it has been spent (or will be spent) * The impact the school has seen on pupils’ PE and sport participation and attainment * How the improvements will be sustainable in the future and will build school capacity for PE/ sport delivery   **EVIDENCE UPLOAD: PE Premium report or detail website address where published in the Action Plan.** |  |  |
| **Staff CPD**  There is a program of CPD for relevant staff to deliver high quality PE and provide an active environment around school.  Relevant staff feel confident and comfortable teaching PE with access to on-going CPD.  Expert visitors are used to enhance teaching, rather than a replacement for teaching by staff.  **EVIDENCE UPLOAD: staff training certificates, or provide detail in the Action Plan of staff CPD and the impact that has had on provision.**  **PRIMARY**  Ideally a member of staff has achieved the professional vocational qualifications (level 5/6) Primary School Specialism and subject leadership in PE and School Sport. |  |  |
| **Targeted Support and Provision**  The school is identifying and engaging with groups of pupils who may require further support such as inactive, low confidence, overweight and SEND pupils with more targeted or specific interventions and opportunities. The provision is monitored to ensure pupils are engaging and it is meeting their needs.  Pupil premium pupils are offered activities and participation is tracked.  **EVIDENCE UPLOAD: either upload example of anonymised tracking information or detail in the Action Plan the method used and types of activities offered and the impact of this.** |  |  |
| **Active Travel**  The school encourages all pupils, parents/ carers and staff to actively travel to school under safe conditions. These could be supported by participating in Walk to School days/weeks, rewards and incentives for walking/cycling/scooting where the whole school community take part.  Schools register on Modeshift STARS and create a Travel Plan to show their commitment to travel for the school journey:  [www.modeshiftstars.org/](http://www.modeshiftstars.org/)  **EVIDENCE REQUIRED: registered on Modeshift STARS**  **PRIMARY ONLY**  The school offers bikeability training and considers participation in the Junior Road Safety Officer scheme supported by NYCC Road Safety Team.  <https://www.roadwise.co.uk/wp-content/uploads/2018/09/JRSO-Guide-for-schools-2018-2019.pdf> |  |  |
| **Extra curriculum opportunities**  The school provides opportunities for all pupils to participate in a broad range of extracurricular activities that promote physical activity and offers choice and variety.  Schools should demonstrate that they are broadening the sporting experience outside of PE lessons. This could include but is not limited to:   * Adaptation of the extracurricular sports offer to support SEND and inactive pupils to access opportunities that are right for them. * Offsite excursions or residentials which target specific cohorts of pupils which include new activities * Working with local community sports clubs to break down barriers to participation outside of school – eg promoting local clubs, hosting taster sessions * Using School Games (or other) values to motivate attendance in extracurricular activities * Ensure activities offered don’t include gender bias but are inclusive and open to all * Include a range of activities alongside traditional clubs – eg dance, walking, martial arts * Could include Outdoor Learning/ Forest Schools/ Gardening Club as an active alternative to sport   **EVIDENCE UPLOAD: an example of extracurricular sport and activity timetable** |  |  |
| **Working in partnership with Parents/ Carers & the wider community**  The school provides a comprehensive School Community Links programme to create opportunities for young people to compete inside and outside of school.  The school considers hosting sporting events/ leagues to further promote their pupil’s participation.  The school promotes local, varied opportunities for physical activity.  **EVIDENCE: Provide detail in the Action Plan of examples that school hosts and information on how pupils are signposted to a variety of external physical activity opportunities.** |  |  |