

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

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.	Detail your actions for putting in place criteria not already being met, with timescales. Actions must be complete before applying for an award
Senior Leadership commitment The leadership and management of the school provides visible leadership and champions PE, School Sport and Physical Activity for whole	We have a Governor responsible for PE, they mentor and carries out observations ensuring objectives are met and feeds back to teachers, the head teacher and governing body.	eg the PE Premium report, which meets government guidelines, is being updated and will be published on the school website before the Summer holidays.

<p>school development and consistently monitors the provision that is being provided.</p>	<p>All teaching staff and most support staff are trained in Real PE. This was so all PE could be delivered as in school policy.</p> <p>Our school has achieved the Gold standard in the school games award for the fourth year running.</p> <p>We have a dedicated subject leader in sport across the school responsible for the whole school plan ensuring that from Reception to yr 6 there are 2 hrs of timetabled physical activity.</p>	
<p>Policy</p> <p>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.</p> <p>EVIDENCE UPLOAD: Policy</p>	<p>Policy in place and reviewed. This can be viewed by all on the school website.</p> <p>This includes lots of other activities and opportunities that our children have (or take part in) : Walk to school week, Bikeability, Change for life, Sports week, healthy school meals and cross curricular activities which give the children encouragement and opportunity for physical activity.</p>	
<p>Subject Leadership</p> <p>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.</p>	<p>Our senior leader in Sports and physical activity is Mrs X (HLTA) She is part of the HSSP attends courses to update new curriculum and practices.</p>	

<p>The quality of provision is subject to regular and effective self-evaluation which is monitored by the SLT and governors.</p> <p>Our school has a governor advocating active lives/ PE & School Sport and supporting the PE subject lead.</p> <p>EVIDENCE UPLOAD: monitoring PE provision or governor report</p>	<p>She is monitored by the governor for PE Mrs X and feedback given at regular meetings.</p> <p>Mrs X has SL time when she updates planning, plans and prepares for events, maintains PE resources and updates the school website.</p> <p>Governor, headteacher and SL all attended physical activity meeting in January showing the support from the leadership team for physical activity in our school.</p>	
<p>Curriculum including monitoring and evaluation</p> <p>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.</p> <p>EVIDENCE UPLOAD: long term PE plans</p> <p>Pupil's progress in PE is assessed and this progression is communicated to pupils and parents through school pupil reports.</p> <p>PE and school sport are celebrated as part of whole school achievements eg linked to formal house/form rewards, assembly, an achievements noticeboard.</p>	<p>Real PE programme is followed as 1 of 2 lessons, the other being a planned lesson from the long term plan.</p> <p>Yrs 2 and 3 go swimming once a week in addition.</p> <p>EYFS follow MOVE with Zip Active.</p> <p>When the curriculum is being evaluated Questionnaires are given to pupils. (Pupil Voice) and sent to parents/carers for their input.</p> <p>Governors annually ask for children's feedback through questioning for their gov's report, this is then feedback to headteacher and implemented if appropriate. It is a good indication if</p>	<p>Ensure feedback from parents and pupils are used when planning the curriculum following year. Schedule meeting with SL Autumn term 2020 to discuss.</p>

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

particular physical activities have been successful or to see if taster sessions have been enjoyed and what more we offer in school.

Child progression is given via school reports annually and additional successes celebrated in celebration assemblies weekly.

We have a sporting board where the School Games Gold award is celebrated with pictures and successes and also have four different houses throughout the school for when we have intra events on a points system which finishes on our annual sports day in July when the winning house, for the years, receives a trophy.

Individual achievements are celebrated weekly in assembly and intra and cluster participation and achievements are also on the school website.

We have Supermovers which is an online platform that has dance activities for times tables, letters of the alphabet and spelling patterns etc. These activities last around 5 minutes and are proving to be a very good warm up activity for literacy and numeracy.

	<p>EYFS do squiggle while you wiggle supporting movement and early writing, gross motor skills and coordination. They also use Move with Zip Active which is a PE session following a route which is completely adaptable for the SEN Children</p> <p>Yr 6 have also as a numeracy activity recently measured the playground and calculated how many laps a marathon would be, then over a number of weeks actually ran or walked the distance.</p>	
<p>Government recommendations</p> <p>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.</p>	<p>Implementing this we have a 15 min run/walk around the back field (7 laps = 1 mile) This works alongside super movers and squiggle while you wiggle.</p>	<p>Planning for an all weather track around the back field being actioned with funding coming from Beckbusters 10K and Friends of school. Work on the track due to start Spring term 2021.</p>
<p>PRIMARY ONLY: PE Premium funding</p> <p>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:</p> <ul style="list-style-type: none"> • 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 	<p>Published on the website each year. Link attached as evidence.</p>	

<p>EVIDENCE UPLOAD: PE Premium report or detail website address where published in the Action Plan.</p>		
<p>Staff CPD</p> <p>There is a program of CPD for relevant staff to deliver high quality PE and provide an active environment around school.</p> <p>Relevant staff feel confident and comfortable teaching PE with access to on-going CPD.</p> <p>Expert visitors are used to enhance teaching, rather than a replacement for teaching by staff.</p> <p>EVIDENCE UPLOAD: staff training certificates, or provide detail in the Action Plan of staff CPD and the impact that has had on provision.</p> <p>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.</p>	<p>Staff offered training opportunities when they arise.</p> <p>During May 2020 the Sports Leader has completed webinars, one particularly on mental health in our setting focusing on sport and physical activity.</p> <p>Lunchtime staff had training for playtime games etc. Resulting in lunchtime playtimes being able to be more structured. They also have the help of sports crew</p> <p>HLTA in EYFS had balance bike training. This was due to be implemented in summer 2020</p> <p>One of our TA's has had Swimming coaching as he visits the swimming pool with the children and attends the swimming galas and competitions.</p>	<p>Look into the purchase of more balance bikes for use in EYFS and integrating support from the HLTA. Contact PTA re additional funding Autumn term 2020.</p>
<p>Targeted Support and Provision</p> <p>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</p>	<p>Intra activities are adapted to meet the needs of all our children with specific difficulties. We currently have children with Cerebral palsy and Downs Syndrome in</p>	

<p>targeted or specific interventions and opportunities. The provision is monitored to ensure pupils are engaging and it is meeting their needs.</p> <p>Pupil premium pupils are offered activities and participation is tracked.</p> <p>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.</p>	<p>our early years so planning is adapted accordingly.</p> <p>SEND given specific tasks during PE lessons so they are engaged it promotes a positive learning environment and positive behaviour.</p> <p>Pupil Premium pupils - attend Change for Life, they are selected for sporting activities (Boccia, Archery and Tri golf).</p> <p>All children are logged on excel spread sheet to track participation. This ensures all children are included.</p>	<p>Ensure Pupil premium pupils are regularly encouraged to participate, including talking to parents about additional opportunities when they arise to maintain good uptake.</p>
<p>Active Travel</p> <p>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.</p> <p>Schools register on Modeshift STARS and create a Travel Plan to show their commitment to travel for the school journey:</p> <p>www.modeshiftstars.org/</p> <p>EVIDENCE REQUIRED: registered on Modeshift STARS</p>	<p>We take part in national walk to school week. During this week the parent who travel to school in cars are encouraged to park at the Village Hall carpark so their children can benefit from the walk to school.</p> <p>We have an annual 5 mile whole school walk.</p> <p>School is now registered with Modeshift Stars.</p> <p>Children encouraged to bike or scooter to school. We are also in the process of installing a bike shed subject to planning,</p>	

<p>PRIMARY ONLY</p> <p>The school offers bikeability training and considers participation in the Junior Road Safety Officer scheme supported by NYCC Road Safety Team.</p> <p>https://www.roadwise.co.uk/wp-content/uploads/2018/09/JRSO-Guide-for-schools-2018-2019.pdf</p>	<p>so that the children can come to school on their bikes or scooter and they can be stored safely.</p> <p>During the UCI we had bike events in school where children brought in bikes and scooter and took part in activities on the playground covering the same distance as the race itself.</p> <p>All Year 6 are encouraged to take part in Bikeability.</p>	
<p>Extra curriculum opportunities</p> <p>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.</p> <p>Schools should demonstrate that they are broadening the sporting experience outside of PE lessons. This could include but is not limited to:</p> <ul style="list-style-type: none"> • Adaptation of the extracurricular sports offer to support SEND and inactive pupils to access opportunities that are right for them. • Offsite excursions or residential which target specific cohorts of pupils which include new activities 	<p>Taster sessions have been offered in: Karate Judo Tennis Rugby</p> <p>We have had a dance club running after school.</p> <p>We have a gymnast in our staff who offers gymnastic coaching. This has also enabled some of the children to take part in gymnastic competitions</p> <p>We encourage the children to take part in the Beckbusters fun run. This is an annual event organised initially by Friends of School, it is a 10K run for adults and a 2K</p>	

<ul style="list-style-type: none"> • 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 <p>EVIDENCE UPLOAD: an example of extracurricular sport and activity timetable</p>	<p>fun run for under 15's. It has become a fantastic fundraiser for school and has high participation numbers.(funding new ICT equipment for each class)</p> <p>Yr 6 go to East Barnby outdoor activity centre. This is usually in September and has become a real team building visit for the new year 6's Yr 3 and 4 go to Robin Wood activity centres.</p> <p>We have a Sports crew who lead intra competitions and taster sessions they also nominate children to receive value certificates and bands when participating in intra sports events.</p> <p>We also have a woodland area this is used for outdoor learning and we have a greenbugs recycling team who take part in planting and other outdoor activities</p>	
<p>Working in partnership with Parents/ Carers & the wider community</p> <p>The school provides a comprehensive School Community Links programme to create opportunities for young people to compete inside and outside of school.</p>	<p>On our school website is a calendar of all the sporting activities. We also send out on our newsletters or in book bags flyers for local sports clubs for after school such as Kixx football and Dojo.</p> <p>Children are offered opportunities to take part in out of school time activities such as</p>	

<p>The school considers hosting sporting events/ leagues to further promote their pupil's participation.</p> <p>The school promotes local, varied opportunities for physical activity.</p> <p>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.</p>	<p>the Brownlee brothers Triathlon and Cross country.</p> <p>We have hosted several events in the summer term 2019 and were due to again this year. Including cluster rounders and kwik cricket. As well as after school football friendlies</p> <p>All activities or events that are available after school or in the holidays are sent out with weekly newsletters by email or via the school website.</p> <p>During the lockdown the children have been encouraged to take part in physical activity, making their own obstacle courses, taking part in HSSP events from home and the children who have been in school have had inter schools rounders and cricket activities to take part in. All these ensuring the children are still engaged and enjoying their physical activity.</p>	
---	---	--