



Advocating 60 active minutes through an Active Curriculum: British Values

Liz Armstrong and Marie Anne Dowson

WHICH AREA OF THE SGO TASK LIST DOES THIS IMPACT?

- 1 Increasing engagement in School Games
- 2 Developing competitive opportunities
- 3 Increasing and sustaining participation
- 4 Workforce – Broadening the range of participation opportunities



WHY

- Schools required support to integrate 30 of the 60 Active Minutes into their school day for ALL children.
- The SGOs gave schools practical ideas to create active classrooms. However, schools wanted something that was more meaningful. They requested something that gave the physical activity a purpose rather than just adding in physical activity to an unrelated activity just to hit the agenda of getting children more active.
- Schools also reported that they were struggling to really integrate the teaching of British values.
- British values:
 1. Democracy.
 2. The rule of law.
 3. Individual liberty.
 4. Mutual respect for, and tolerance of, those with different faiths and beliefs and for those without faith.
- The SGOs worked closely with Northumbria University Primary Education BA students to write and develop the lesson plans/scheme of work.
- Examples of activities included: Individual Liberty – children making their own choices through an athletics lesson or fitness lesson. Respect and Tolerance – using the inclusion in sport agenda and teaching different sports such as Kabaddi. Democracy – teaching dance and making decisions on which dance to progress and showcase, etc.



ACTION

- The SGOs wrote a series of lesson plans that helped schools to explicitly teach British values. They believed that sport and physical activity was a great tool to be able to teach all four values.
- Once the lesson plans were written, the SGO worked with the students to develop a festival for KS2 children. The students picked small sections out of the lesson plans to deliver as part of a carousel at the festival.

ABOUT LIZ & MARIE

Ashington and Coquet SGO Liz Armstrong and Cramlington and Seaton Valley SGO Marie Anne Dowson worked together on this project. Together they cover 40 schools in the rural area of Northumberland. Deprivation levels are varied.

Liz Armstrong, Ashington and Coquet SGO
Liz@lizarmstrongsport.co.uk

Marie Anne Dowson, Cramlington and Seaton Valley SGO
mdowson@astleyhigh.org

- This festival had a dual purpose. Firstly, to explicitly teach the children the British values through the fun active games, and secondly to launch the lesson plans/scheme of work with the school staff. This showcased some of the activities and encouraged the staff to take the lesson plans away and start teaching them back at school.
- Some school staff have delivered the lessons as a block of work back at school and some have selected one lesson to integrate into an existing block of work.
- The SGOs also provided each school with a wall chart. This illustrated all of the British values and allowed the staff to post photographs of the children onto the wall chart, as they achieved each British value.



IMPACT

- Children can now talk about what they have learnt, e.g. through the democracy dance activity, they can describe the process they went through to decide which dance was best and why, and which dance they should all perform as a group. They explained that dictatorship was a quicker way to decide which dance was then showcased and the democratic way took too long, but was a fairer system.
- Staff reported that the lesson plans were a fun way to introduce the British values to their children through physical activity.
- The higher order questions included in the lesson plans really supported the school staff to explicitly teach the British values and reported that the lesson plans were simple and easy to use.
- Lessons were very active and showcased that other curriculum areas can be taught through physical activity in a fun and interactive way that is memorable for the children to improve their learning.



NEXT

- The SGOs would like to roll the whole project out again to include more schools and different staff.
- Next time the SGOs would like to link some of the lesson plans to Personal Challenge.



Teaching British values in this way really helped children to understand them, and gave them relevant real life examples. It brought the curriculum to life!" Teacher



TIPS

- Ensure that physical activity is the reason for the lesson plan. How does physical activity support the children's other learning? Don't just tag on the physical activity element.
- Bring a new project to life at a festival. Show the staff how easy it is to deliver the lesson plans or the new ideas.
- If writing lesson plans then link to the local university. The students can then take this on as a project.

