

# Developing physical activity at your school



<b>School systems for embedding physical activity</b>	<b>Active travel</b>
<ul style="list-style-type: none"> <li>• How does school monitor the amount of physical activity that is taking place?</li> <li>• Have school developed a plan to embed physical activity throughout the school day?</li> <li>• Do teachers/staff feel confident delivering/developing physical activity opportunities? Do they act as role models when promoting physical activity?</li> </ul>	<ul style="list-style-type: none"> <li>• Do school have a system in place to monitor how pupils commute?</li> <li>• Do schools embed active travel initiatives (eg walk to school week, 10 day active challenge, etc)</li> <li>• Is messaging consistent, clear and regular to parents with regards to active travel?</li> </ul>
<b>Physically active learning</b>	<b>Active interventions</b>
<ul style="list-style-type: none"> <li>• Is Physically Active Learning (PAL) promoted and encouraged by SLT for all teachers to engage with?</li> <li>• Do school utilise resources to support PAL across different subject areas?</li> <li>• What areas of school/local area could you use to encourage PAL – playground, forest area, local park etc</li> </ul>	<ul style="list-style-type: none"> <li>• How do school utilise interventions to further enhance the amount of physical activity? Eg brain breaks, active assemblies, etc.</li> <li>• Do school have a whole school approach to the use of interventions or it bespoke to each class?</li> <li>• Do school use a variety of activities to help engagement eg. Daily Mile, Cosmic Kids Yoga, Brain Breaks etc.</li> </ul>
<b>Targeted groups</b>	<b>Active environments / outdoor learning</b>
<ul style="list-style-type: none"> <li>• What provision is in place for targeted interventions? Low engagement, least active, SEND, PP, etc.</li> <li>• How do you engage families of the targeted groups in promoting physical activity?</li> <li>• What does success look like for these individuals with regards to physical activity?</li> </ul>	<ul style="list-style-type: none"> <li>• Do you utilise all spaces in school?</li> <li>• Are your active spaces inspiring and support teaching / delivery of activity?</li> <li>• Is Outdoor Learning encouraged, promoted and celebrated across school?</li> </ul>
<b>Active breaks, lunchtime &amp; afterschool provision</b>	<b>Festivals, events &amp; educational visits</b>
<ul style="list-style-type: none"> <li>• What opportunities do pupils have to be active at break and lunch? Is it structure or play based? Do you utilise staff and pupils to engage wider audiences?</li> <li>• Is there a breadth for all pupils to be active after school? (competition prep, try new ac., targeted groups, open to all, etc.)</li> <li>• What do you do to promote these opportunities across the school and to engage different children?</li> </ul>	<ul style="list-style-type: none"> <li>• Do school attend events and competitions? What do you choose and why? Which pupils are given the opportunities?</li> <li>• How often are ALL pupils given an opportunity to experience festivals in school and against others? Do you utilise House Systems and Rewards to promote intra competitions?</li> <li>• What is available in the local area – clubs, educational visits, etc</li> </ul>

