



It's great to go outside even if it's cold weather because we get fresh air and it's good fun

PUPIL



I love the extra PE we have put in for our children as the benefits of having that extra hour a week really shows in their improved concentration during other lessons and more engagement too, especially in the lessons following the PE sessions. We are now trying to make all of our lessons include an active element where possible.

TEACHER,
YEAR 5



ACTIVE SCHOOLS

Beverley St Nicholas Community Primary School

Project background, need, aims and objectives:

St.Nicholas school in Beverley identified that their pupils have limited opportunities to be active outside the school day. 30% are eligible for Pupil Premium. Many never go swimming other than with school.

It is the vision of the school for every pupil to succeed, achieve their potential and lead a healthy lifestyle.

After 8 years of School Games Mark achieving silver, the school aspired to reach gold, after analysis the 2 hours curriculum PE was found to be the main barrier.

The school placed high importance on increasing the physical activity levels of their children to improve their overall health and enlisted the support of their School Sports Partnership (SSP) to do this.

Why they knew this project was required:

The school asked their SSP for support and the School Games Organiser delivered a workshop to all teachers on the Active 30. Following this the school embraced the daily mile for all pupils from EYFS to Y6. This is now part of the routine using the new track behind the school. 9 laps = a mile.

The PE co-ordinator, the assistant head and SSP met to plan changes to the timetable and in January 2020 the new timetable was introduced to allow all children to access an indoor and outdoor PE lesson each week = 2 hours

About the impact including evidence:

All pupils are now accessing 2 hours high quality PE. The new timetable is implemented with teachers delivering lessons. A new curriculum skills progression has been designed and the 2 hours of PE now allows children to achieve and fulfil their potential in all curriculum areas. Termly assessment indicates the children are meeting their targets. Teachers report children are excited to go outside for PE and return to class calmer.

The pupils spend about 15 minutes everyday outside doing the daily mile. Feedback from teachers and pupils indicate that the daily mile is a highlight of the day and children are very eager to go outside.

The weekly mile totals are collected and the school is currently plotting a course around the world on a display in the hall. So far they have gone from Beverley to Buenos Aires (about 7150 miles).

