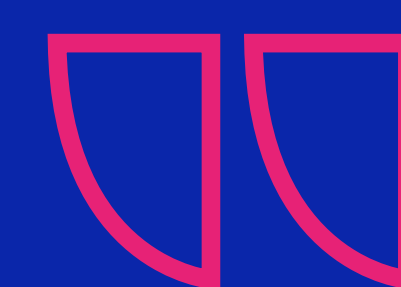


Supporting schools to sustain the impact of the *Primary PE and Sport Premium*

Key indicator **1**

The engagement of all pupils in regular physical activity – Chief Medical Officers guidelines recommend that primary school pupils undertake at least 30 minutes of physical activity a day in school

 Physical activity has a huge impact on the cognitive function of the brain including retention and recall, it improves concentration but it also gives children better self-belief and self-image."

CHRIS WILLAN
HEADTEACHER, WATER PRIMARY SCHOOL, LANCASHIRE



Key indicator 1

Are ALL children meeting the Chief Medical Officer's 30 minutes of physical activity every day in school?

Physical activity involves any form of bodily movement that uses energy. This can take place within the curriculum as part of an active pedagogy approach across all subjects and in taking regular activity breaks to reduce sitting time. It also takes place outside of the curriculum through break and lunchtimes, extra-curricular clubs and active travel.

Do you have the following in place and being accessed by ALL children?

- Active learning in the curriculum
- Physically active breakfast club
- Active transport to school
- Daily mile or equivalent
- Structured lunchtime and breaktime play
- Playground leaders supporting activity for their peers
- Trained lunchtime supervisors supervising activities
- Physically active after school clubs

Schools should support parents to achieve an extra 30 active minutes with their children beyond the school day.



Key indicator 1

Are ALL children meeting the Chief Medical Officer's 30 minutes of physical activity every day in school?

YES?

Refer to your completed PE and Sport Premium evidence and impact template

1. Thinking about the 30 minutes physical activity interventions funded by the PE and Sport Premium, can you evidence the impact on your whole-school priorities?
2. What resource is needed to sustain or embed this?
 - What is in place to retain staff beyond the premium?
 - What is in place to sustain delivery/impact?

NO? See next slide

Key indicator 1

Are ALL children meeting the Chief Medical Officer's 30 minutes of physical activity every day in school?

NO?

If you are not yet able to answer YES to this question, what are your reasons for this?

- Do you still need to engage specific groups of children?
- Do you need to target specific times of the day that are less active?
- Are non-teaching staff not confident to deliver opportunities?
- Could your lessons involve more activity?
- Do you need to use school spaces and facilities more creatively?

SUPPORT

There is a wide variety of support available including the following from the Youth Sport Trust that will assist you in achieving this indicator:

- **PE Premium Top Tips**
- **Active Recovery Curriculum**
- **Active Recovery Hub**
- **Active Schools Planner**

Find out more about our Resources and Learning

Key indicator 1

**FIND OUT MORE ABOUT
KEY INDICATOR TOP TIPS**

Are ALL children meeting the Chief Medical Officer's 30 minutes of physical activity every day in school?

Use the Sustainability Actions proforma to help plan your next steps.

REFLECTIONS

WHAT WILL YOU START DOING?

WHAT?

WHY?

HOW?

WHAT WILL YOU STOP DOING?

WHAT?

WHY?

HOW?

WHAT WILL YOU KEEP DOING?

WHAT?

WHY?

HOW?