



Top 10 tips for achieving impact in **Key Indicator 1**

Here are our **top 10 tips** to support primary school subject leaders to achieve impact in **Key Indicator 1** on their PE action plan.



Understand the % of all pupils who are **active for 60 minutes a day**, 7 days a week on average!

This data will tell you exactly who to target and support by creating additional opportunities for these pupils to be active.



Create opportunities for pupils to take ownership of their physical activity at breaks and lunchtimes!

Leadership programs, pupils' choice of equipment, zones dedicated to different activities and a varied timetable can really help!



Music creates positivity and encourages movement!

Have you ever considered playing music at lunchtime? Not only can pupils dance to it and move but it can create a **positive atmosphere** in your outside area.



Ask your pupils what clubs they would like!

Rather than organising an extra-curricular provision that is 'the same as always,' **ask your pupils** to name the activity areas they would like to be involved in!



Target your **least active** pupils!

Create clubs, sessions and opportunities that will engage the pupils who are least active. These could be opportunities at school or at home.



Find out how active your pupils are outside of school!

Conduct a parent survey to find out how active your pupils are in their own time! This information ensures you know who is active 60 mins a day, 7 days a week on average!



Being active is the key!

Challenge your pupils to record how active they are outside of school. Ensure they know that walking, riding a bike, playing in the garden or at the park all count!



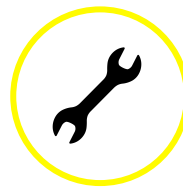
Involve your staff in physical activity, it will have a direct impact on the children they teach!

Staff activity clubs can help to ensure all staff value being active. If you can win staff over and get them to enjoy being active, it will have a direct impact on your pupils.



Why not try a **parent and child** focus approach...

Consider creating opportunities where parents and children can be active together. This supports wider school agendas and encourages higher levels of physical activity.



If it's **not broken ...**
... don't fix it!

If you have high levels of physical activity, be proud! We feel we need to keep tweaking things but if it's working, focus on sustaining your success!