



Active 60

Content, Content Content



Primary Steps in PE

Just another day.....

ACTIVITY	TIMINGS	MON	TUE	WED	THU	FRI
Travel	08:00 - 08:30	Active Travel Policy	Active Travel Policy	Active Travel Policy	Active Travel Policy	Active Travel Policy
Before School	08:30 - 08:50	Take 10	Take 10	Take 10	Take 10	Take 10
Lesson	09:00 - 10:00	Y5 PE	Y6 PE	Y3 PE	Y6 Games / Y2 PE	Y1 PE
Lesson	10:00 - 10:30	Jun Assembly	Inf Assembly	Jun Assembly	Inf Assembly	Whole Sch Assembly
Break	10:30 - 10:45	Play Leaders	Play Leaders	Play Leaders	Play Leaders	Play Leaders
Lesson	10:45 - 11:45	Y5 PE	Y6 PE	Y4 PE	Y6 Games / Rec PE	PE Nursery
Lunchtime	12:00 - 13:20	Y5-6 Sports Club	Y3-6 Sports Club	Y3-4 Sports Club	Y5-6 Sports Club	Play Leaders
Lesson	13:30 - 14:30	Y4 Games	Y3 Games	Y5 Games	No PE	Y2 Games
Lesson	13:30 - 14:30	Y2 / Y3 / Y6 Swimming	No Swimming	No Swimming	No Swimming	Y1 / Y5 / Y4 Swimming
Lesson	14:30 - 15:30	Rec PE	Y1 PE	No PE	No PE	Y2 Games
Travel	16:00 - 16:30	Active Travel Policy	Active Travel Policy	Active Travel Policy	Active Travel Policy	Active Travel Policy
After School	16:00 - 17:00	Y4-6 Netball	Y3-6 Dance	No After School Club	Y3-4 Tennis	Y3-6 Dodgeball

Aims

- More ideas
- Support
- Resources

40 Minutes- 63 Ideas



Primary Steps in PE

Before School- 7am- 8.50

- Morning circuits
- Active pavements/ playgrounds
- Wake up shake up
- Sensory circuits
- Before school club
- Active breakfast club
- Challenge of the week displayed



In lessons-

- Active learning - 2 forms (*planned activities* (number hunter, sentence circuits) and *reactive* (seesaws, chair workout, how many in 10))
- Active Hub
- Units based around activity - data collection (time, measure, (show sheets), active stories, active instructions
- Walk and talk
- Use of events- 20/20 world cup/ rugby league world cup/ FIFA world cup
- Make use of CPD opportunities - all staff

PE Lessons-



- Maximising movement (instant engagement, limit talk time, time to play/explore)
- Follow up opportunities
- High intensity movement
- Development of fundamental skills

Although competence in FMS might not determine success in later sport or physical activity, their acquisition is an important precondition. Longitudinal data-tracking of pupils' FMS competence through childhood into adolescence suggests that FMS are an important predictor of adolescent physical activity. [\[footnote 64\]](#)

Playtimes



- Timetabled football - no ref no play
- Alphabet hunt
- Finders keepers (I've hidden 5 lollipop sticks etc)
- Scrap play leaders
- Play training for all classes
- Active monitors (hoody or hat or bib) - setting up a game/spotting non players/buddies. Drawn daily in every class

Lunchtimes



- Clubs (focussed practice for comps)
- Dance in classrooms
- Music
- Informal competitions- free to enter win a prize (dance, 5 a side, boccia/ throwing accuracy,
- Community running
- Gardening club
- Apprentice
- Focussed staff

Assemblies



- Active waiting
- Final thought
- Celebrate every day
- 2 minute motivator (quick activity)
- Sock Assembly Towel Assembly

Children's Awareness



- Active 60
- Benefits of physical activity
- What does active mean?
- Components of fitness
- The amazing human body Focus on what can I do not what I look like (Eddie hall, Katie Taylor, Serena williams, Adam peaty)

Parental Involvement

- Active homeworks
- Formal - text system Friday 3pm
- Informal - challenge your parents
- Workshops (reading , maths, physical activity)
- Physical literacy expectations
- Parent classes
- Use of hall
- Organise events (Big toddle, taster sessions)
- Ask for promotions/ discounts/ vouchers (local gyms/ PTs)
- Parent child clubs
- Use parent workforce
- Celebrate at parents evening
- More sports days (varied)

Miscellaneous



- I am board - leader, active, team player, resilient, adventurous
- I can board/ assembly juggle, skip 30 times do, 10 kick ups.
- Workout Wednesday
- Active teacher award
- Governor involvement
- Physical activity charter/ pledge
- School development plan - whole school accountability

Reflections



- What next?
- Access courses and resources
- Encourage all staff to participate
- Get in touch

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