





Helping to get your school back on the move

Gloucestershire Healthy Living and Learning

THE NATIONAL LOTTERY

SPORT ENGLAND

we can move

Active Gloucestershire

Changing times

As we adapt to the challenges of the times we live in, schools say some of their biggest concerns are:

- **adjusting back to routine**
- **low levels of physical fitness**
- **anxiety and fear**
- **the ability of children to focus on their work.**



How we're helping

we can move

Active Gloucestershire

We are working with national and local partners and networks to refocus our work to make sure we can make the biggest difference to those who need help most. This resource gives you practical and easy-to-use advice, guidance and tips about ways you can:

1. improve emotional and physical health of your pupils, so they can adjust back to routine and focus on their work using your **PE, sport and physical activity premium**

2. use existing funding and programmes like **The Daily Mile**™ to support your whole school priorities

3. **open your school facilities** to the community to provide a vital new income stream and raise your school's profile.

1. PE, sport and physical activity premium

Over 50% of children and young people in Gloucestershire are not active enough. With physical activity at the heart of the school day, we know young people are happier, achieve more and develop healthy habits for life.

With over **£4.2 million** being allocated to physical activity in primary schools in the county each year, this is the chance of a lifetime to improve the lives of young people.



What impact does the PE, sport and physical activity premium funding have in your school? Does it...

✓ Support your whole school improvement plan?	✗ Top up your PE provision?
✓ Improve the mental wellbeing of all pupils?	✗ Mostly support those already active?
✓ Increase staff competence and provide sustainable growth for current and future pupils?	✗ Provide work for external coaching providers?
✓ Increase the physical activity levels for all pupils across the school day and throughout the school curriculum?	✗ Get those already active more active and mostly through PE?

Easy ways to use your funding to improve health and wellbeing across your school

Design a wellbeing garden

Work with your Gloucestershire Healthy Living and Learning (GHLL) lead teacher to use the funding to support your GHLL intervention.





Move it outdoors

Upskilling staff to lead high-quality **Forest School** means that all children become more active and that expertise is brought into schools.



Play

Make lunchtime a **playful** experience, not just football or trim trails.

Challenge the midday norm – by introducing equipment that can boost creativity: dressing up, wigs, old keyboards, remote controls.

Create a play team in school – lunchtime/break is a golden opportunity for creative play or fun activity for all pupils.

Fly a kite

Support those who need it most – ask your least active pupils what they would like to do.

"Our pupils used problem solving skills to make a kite together and have now formed a kite flying club. Activities reflect the varying needs of our pupils and not just the most active – yoga, gymnastics, dance, balanceability, kite flying, archery – the list is endless!"



"We bought cameras for a photography club for those who didn't attend any extra-curricular clubs and now 100% of pupils are active."

"Whole staff training of the Real PE curriculum has transformed PE. We have reduced reliance on external coaches, who we won't be able to afford if the funding is stopped. We now have a spiral curriculum in line with the new Ofsted framework."

Sally Hunt, Headteacher at Berry Hill School



Actively learning

Active Maths and English lessons can be a huge success and can become part of everyday learning.

They can support a wider curriculum and support the school development plan. The funding to deliver this does not just sit with PE – there is a whole school benefit.

Do you need free further advice or support? Please contact us at hello@wecanmove.net







2.

The Daily Mile™

Is your school prioritising:

- **improving mental health and well-being**
- **increasing resilience**
- **increasing levels of attainment for all students**
- **improving behaviour and concentration?**

Are your pupils:

- **struggling to concentrate**
- **experiencing high levels of anxiety**
- **lacking opportunities to succeed?**

Then increasing the physical activity opportunities for children and staff during the school day can have a significant impact.

"A fun and social activity that has improved the children's resilience and on their return to the classroom they're happy, refreshed and more focused for learning."

Tibberton Community Primary School

Are you ready to become part of the movement?

60% of Gloucestershire primary schools take part in The Daily Mile initiative. It is free, easy to start and children love it! We can help you start The Daily Mile in your school and share ways other schools have successfully made it a part of every school day.



The Daily Mile should be:

- **inclusive** – everyone can succeed
- **fun** – non-competitive and social activity
- **often** – go at least 3 times a week to see the benefits.



"Doing The Daily Mile every day has changed my life. I feel healthier and stronger because of my running. I also like it because I get to run with my best friend." Year 4 pupil, Moat Primary Academy

For free support, please email hello@wecanmove.net

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CASE STUDY: Berry Hill Primary School

Berry Hill Primary School in Coleford has a staff team that understands the value of physical activity, both for physical and mental wellbeing. It is a whole school commitment with the focus set by the senior leadership team.

Here we hear from Sally Hunt, Headteacher at Berry Hill Primary School.

"Physical activity and wellbeing are linked to the whole school development plan; all members of staff understand the value of physical activity, both for physical and mental wellbeing, and we embed it across the curriculum. From The Daily Mile, Forest School, after school clubs to celebration assemblies – we plan in physical activity and the celebration of our achievements from it.

We do The Daily Mile across all classes and the laps completed each week are shared with the children in our weekly achievement assembly. It's a fantastic way to encourage all pupils to get active and have fun with their class. It can still happen even with our Covid-19 restrictions because each class remains in their bubble, and timetabling is used to ensure that the classes/bubbles don't mix. The children count the laps they complete, and then these are added up and totalled at the end of the week. The staff also take part in The Daily Mile and say how they enjoy this part of the day.

We have used our funding to support the less active pupils through creating a range of after school clubs such as yoga and boccia and more creatively by providing African drumming sessions. We also hire the local gymnastics centre to support the delivery of high-quality PE.

As a staff team we feel physical activity makes a massive difference to focus in lessons, attainment, behaviour and mental health. We encourage interests in physical activity and we share details of clubs that the children can join and encourage the children in these clubs to share their achievements with the rest of the school."



3. Opening your school facilities

Your school may have facilities that can be used by the local community. By opening your school facilities, you can:

- **raise your school's profile in the community**
- **provide a new source of income**
- **help your school to become or stay an outstanding school**
- **support your provision of after school clubs.**



What facilities could your school offer the community?

Some schools may think their facilities are too small to be used by the community, but almost all are able to offer something, including:

- **small hall and theatre spaces, for activities such as dance, Pilates, yoga**
- **indoor sports halls, for more formal sports such as badminton, five-a-side football and netball**
- **multi-use games areas for basketball, netball, tennis and mini soccer and mini hockey**
- **grass playing fields for junior and youth football and rugby games and training**
- **artificial turf pitches, for all year-round use.**





We can work with your school to support you with:

- **planning, marketing and operations of your school facilities**
- **links to useful online resources**
- **identifying what your local community needs**
- **implementing booking systems**
- **safeguarding**
- **pricing and much more.**





This support is delivered on behalf of the Department for Education as part of its 'School Sport and Activity Action Plan'.

For support, email hello@wecanmove.net and we will put you in touch with our specialist.

We're here to help you

We are proud to work in partnership with a range of outstanding local school and health and wellbeing networks who can provide you with support.

Gloucestershire Healthy Living and Learning (GHLL) helps children and young people achieve their full potential and lead long, healthy, happy lives. Working with GHLL will enable schools and colleges to support children and young people to make positive choices to improve their physical, emotional and mental wellbeing

You can also contact your school games organiser and the school support network for your local area:

- Cheltenham and North Tewkesbury, contact Move More , SGO Josh Hanley
- The Cotswold School Sport Network, contact SGO Helen Pauling
- Forest of Dean, contact SGO Alan Beard
- Gloucester and South Tewkesbury, contact Gloucester School Sports network, SGO Cheryl Stennett
- Stroud, Active Schools Network Stroud, SGO James Jefferey

For more information on our work with schools visit **wecanmove.net/join-in/schools**

we can move

Active Gloucestershire

Active Gloucestershire is the coordinating body of **we can move**, which is a movement of people working together to get everyone in Gloucestershire active.

www.wecanmove.net