

★ DEVELOPING PHYSICAL ACTIVITY AT YOUR SCHOOL ★

SCHOOL SYSTEMS FOR EMBEDDING PHYSICAL ACTIVITY	ACTIVE TRAVEL
<ul style="list-style-type: none"> -How does school monitor the amount of physical activity that is taking place throughout each day to ensure that pupils are meeting daily CMO guidelines? - Have school developed a plan to embed physical activity throughout the school day? Use the Active School Planner and or/ Creating Active Schools Framework to support with this. - Do teachers and staff feel confident in delivering and developing physical activity opportunities for children and young people? Do staff promote wellbeing and act as role models for the pupils when promoting physical activity? 	<ul style="list-style-type: none"> -Do school have a system in place to monitor how pupils commute? - Do schools embed active travel initiatives throughout the academic year?- Modeshift Stars Awards, Walk To School Week, Bike It, 10 Day Active Travel Challenge?- and how are these then built upon? - Is messaging consistent, clear and regular to parents with regards to active travel?
PHYSICALLY ACTIVE LEARNING	ACTIVE INTERVENTIONS
<ul style="list-style-type: none"> -Do school have an approach to the use of physically active learning? And is PAL promoted and encouraged by senior leaders for all teachers to engage with? - Do school need or utilise resources to support physically active learning across different subject areas?- lesson plans, activity ideas linked to LO's in other subjects - What areas/ aspects of school or the local area could you use to encourage physically active learning?- playground, forest area, fields, local parks/ walks etc. 	<ul style="list-style-type: none"> -How do school utilise interventions to further enhance the amount of physical activity in place?- timetabled breaks in lessons, active assemblies etc. - Do school have a whole school approach to the use of interventions or is it bespoke to each class/ group of pupils? - Do school use a menu of opportunities and activities to ensure that pupils remain engaged throughout the school year?- e.g. Daily Mile, Brain Breaks Go Noodle, Imoves, Cosmic Kids Yoga, Activity Blasts etc.
TARGETED GROUPS	ACTIVE ENVIRONMENTS/ PLACES IN SCHOOL- OUTDOOR LEARNING
<ul style="list-style-type: none"> -What provision is in place for targeted interventions at your school using PESSPA, and which groups do you identify?- low engagement, low attainment in PE, least active, SEND, PP, Early Years etc. - How do you engage families of these targeted groups in wider conversations and promotion of physical activity? - What does success look like for these individuals with regards to PE, Sport and physical activity engagement? 	<ul style="list-style-type: none"> -Do you utilise all spaces in school to promote physical activity and moving more? - Are your active spaces inspiring for pupils and support teaching/ delivery of activity? - Is Outdoor Learning encouraged, promoted, and celebrated across school?
ACTIVE BREAKTIMES, LUNCHTIMES AND AFTER SCHOOL PROVISION	COMPETITIONS, FESTIVALS, EVENTS AND EDUCATIONAL VISITS
<ul style="list-style-type: none"> -What opportunities do pupils have to be active at breaktimes and lunchtimes? Do you implement structured activity at these times, or a play based approach? How do you utilise staff, other pupils and varied activities to engage wider audiences? -Is there a breadth of opportunities for all pupils to be active after school on a weekly basis throughout the academic year? Who is best placed to deliver these to certain groups of pupils? What is the purpose of your after school provision? - competition preparation, open to all, try new activities, targeted groups etc. -Do ALL of your pupils engage in physical activity during these times? What do you do to promote these opportunities across the school and to engage different children and young people? 	<ul style="list-style-type: none"> -Do school attend events and competitions throughout the academic year? In which sports or activities and why do you choose these? Which pupils are provided the opportunity to represent their school? And are the activities suited to their needs? - How often are ALL pupils given the opportunity to experience competition within school? Both against others and against themselves (personal best challenges)? How do you utilise wider school structures (house systems and rewards) to promote intra competition and personal best challenges? - What is available in the local area to engage pupils further?- School Trips and educational visits etc.