

The Department of Health has published '**Childhood Obesity: A Plan For Action**', and states that primary schools should deliver 30 minutes of moderate to vigorous activity for pupils every day through:

- Active break times & lunchtimes
- PE lessons
- Extra-curricular clubs
- Active lessons.

Newbold Verdon Primary School

Delivering & Monitoring 30 minutes of moderate to vigorous activity for pupils every day.

Analysis/Achievements of previous year: 2016/17

Based on End of Summer Term Data:

- **25%** of KS1 children had participated in a PE based after school club.
- **75%** of KS1 children had participated in a healthy/active lunchtime activity.
- **64%** of KS2 children had participated in a PE based after school club.
- **90%** of KS2 children had participated in a healthy/active lunchtime activity.
- **48%** of KS2 children had represented the school in a PE Tournament
- **100%** of children in our school participated in our competitive sports day).
- Children are participating in two PE lessons each week covering a range of sports
- **48% of the whole school** have participated in a PE based after school club.
- **83% of the whole school** have participated in a healthy/active lunchtime activity.

Current Year: 2017/18

Based on Data/Survey at the end of Autumn Term:

- **67%** of KS1 children had participated in a healthy/active lunchtime activity.
- **55%** of KS2 children had participated in a PE based after school club.
- **73%** of KS2 children had participated in a healthy/active lunchtime activity.
- **35%** of KS2 children had represented the school in a PE Tournament
- Children are participating in two PE lessons each week covering a range of sports
- **42% of the whole school** have participated in a PE based after school club.
- **71% of the whole school** have participated in a healthy/active lunchtime activity.

Delivering 30 minutes of moderate to vigorous activity for pupils every day	
Extra-curricular clubs	Various clubs are available 5 days a week
Active break times & lunchtimes	As a school we have healthy/active lunchtime activities available to the children every day .
PE lessons	All children are participating in two PE lessons each week covering a range of sports

In the Classroom

Delivering 30 minutes of moderate to vigorous activity for pupils every day	
	Active lessons
EYFS	<p>Daily dough gym to strengthen shoulder, elbow and wrist pivot.</p> <p>Daily floor exercises to develop core stability, and bilateral coordination.</p> <p>Funky fingers activities in continuous provision to develop fine motor skills</p> <p>Free flow throughout the day to the outside area- resources to develop fine and gross motor skills. Maths and literacy taught outside in small groups- this will always involve a physical game.</p> <p>Use of the wooded area weekly- children are encouraged to climb trees!</p> <p>M. Hicks to baseline all Foundation children to introduce daily SAQ exercises.</p>
Year 1	<p>In Year 1 we use GoNoodle every morning from 8.40-8.50am and at various times throughout lessons as a brain break. We also use the Flow programs on GoNoodle at the start of the second session to refocus and calm pupils down after playtime - these sessions include stretching exercises. In Year 1 we also use the BBC Let's Move music and movement program once a week to build in exercise and strengthen our listening and concentration skills.</p>
Year 2	<p>Go Noodle - probably 5 mins a day; jump up and stretch activities at lesson transitions; we have done Kung Fu punctuation last half-term; follow-me movements to get attention.</p>
Year 3	<p>In year 3 we complete movement/dance activities after morning break and lunchtime through the website Go Noodle. We do brain-break activities where children stand up and complete actions. Hit the button in maths lessons.</p>
Year 4	<p>Chn take part in times tables songs, which they can dance along to. We were regularly using GoNoodle after break, but this has reduced. GoNoodle recess is used at wet play times. Kung Foo Punctuation is used in some English lessons and active actions are used for Talk 4 Writing sessions.</p>
Year 5	<p>Hit the Button interactively with the whole class. I also have taught some active topic lessons where the children go around the school grounds finding clues/information.</p> <p>BBC Super Movers</p>
Year 6	<p>Nothing at present.</p>