

Following the Department of Health's recently published '**Childhood Obesity: A Plan For Action**', it 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 Monitoring:

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

Analysis of previous year: 2015/16

Based on a Summer Term Survey 2016:

- 60 children, that's 56% of KS2 children had participated in a PE based after school club.
- 70 children, that's 66% of KS2 children had participated in a healthy/active lunchtime activity.
- 41 children, that's 38% of KS2 children had represented the school in a PE Tournament (100% of children in our school participated in our competitive sports day).
- 19 children, that's 30% of KS1 children had participated in a PE based after school club.
- 33 children, that's 53% of KS1 children had participated in a healthy/active lunchtime activity.
- During the Autumn term (2015) we ran a Healthy Walking Campaign - every child in school was allocated times during the term to use a pedometer to count their steps for that day. This was collated together as class totals and celebrated by announcing the totals in our achievement assemblies.
- KS1&2 took part in a Martial Arts Day in December (one parent has since told me that her son took up karate after the session in school and has just achieved his first certificate).
- KS2 took part in an Archery Day in March. The children thoroughly enjoyed it.
- After school/Extra-curricular clubs have been well received and well attended. Clubs have been provided for year 1 up to year 6.
- During a pupil survey 88% of the children said they had taken part in an extra-curricular/lunchtime club.

Current Year: 2016/17

Whole School

Delivering 30 minutes of moderate to vigorous activity for pupils every day	
Extra-curricular clubs	Autumn 1 we have - Tag Rugby (Wednesday) - Mini Gals (Friday) - LCFC Football Club (Tuesday) - Cross County Club (Friday)- Lemon Jelly Drama club (Wednesday) <i>PE coordinator to look for other opportunities for Monday & Thursday's.</i>
Active break times & lunchtimes	As a school we have healthy/active lunchtime activities available to the children every day . <i>PE coordinator to arrange for break time 'Jiggle and Wiggle' activities in the hall.</i>

Per Class

Delivering 30 minutes of moderate to vigorous activity for pupils every day		
	PE lessons	Active lessons
EYFS	Monday morning -9.15-10.15	Dough gym daily Outdoor provision (155 minutes daily) is free flow-opportunities for climbing, balancing,cycling, scootering, digging. Specific opportunities for fine and gross motor skill development are planned for indoor and outdoor provision. Movement for learning to begin after half term- this is a daily 20 minute session that utilises exercises to develop fine and gross motor skills plus core strength to get children ready for learning. The activities involve throwing, catching, balancing, articulating sounds and skipping. It is part of a research project developed by Loughborough University to redress the decline of 4/5 year olds physical school readiness.
Year 1	PE Lessons Tuesday and Friday Tuesday - LCFC	In Year 1 we dance along with Go Noodle every morning between 8.40 and 8.50am. We use Go Noodle dances as brain breaks during lessons. We do movement as part of our rhymes like Farmers in his den during the afternoon.
Year 2	PE lessons Monday and Wednesday (autumn 1)	Nothing regular at present.
Year 3	PE lessons Tuesday & Wednesday	In year 3 we complete movement/dance activities after morning break and lunchtime through the website Go Noodle and The learning station songs in Mrs Wiggins class.
Year 4	PE lessons Wednesday & Thursday	Nothing regular at present.
Year 5	To be updated	To be updated
Year 6	PE lessons Tuesday and Thursday - swimming.	Y6 have signed up for Go Noodle and tried a couple of the dance moves towards the end of the afternoon. Haven't yet established this as a regular activity.
Other		In pupil premium sessions the children have been doing The digit dance and The write dance. This is more for fine motor skills (although it's quite energetic!)