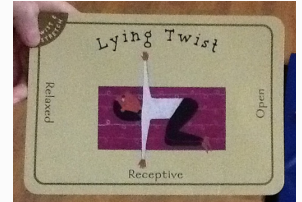


WHY?

At Madley Primary school, we pride ourselves on providing the best possible Physical Education for the pupils. As a school, we have achieved Platinum Schools Mark for 2 years, won the Herefordshire Primary sports award 3 times and the Herefordshire and Worcestershire sports award for the best provision of Physical Education.

We are always striving to improve and introduce innovations that will impact on both the children's and teachers, knowledge and understanding of the subject. With this in mind, we are acutely aware of need of not just the Physical development but also the mental wellbeing of the pupils and teachers in our society today.



WHAT DID THEY DO?

We had a 2 point plan to try and address both the physical and mental wellbeing of both staff and students on the school:

Body Balance

We used sports premium money to employ a 'Body Balance' instructor to teach & instruct lessons for staff in after school sessions. These sessions included elements of Tai Chi, Yoga & Pilates.

From this, the teachers and LSA staff are not only helped with their own wellbeing but also implement small sessions to the pupils, using Yoga cards, which show clear, child friendly instructions on the positioning and names of individual positions and stretches.

Body balance is now part of the PE Curriculum, some of these activities being used in lessons: stretches & balances at the beginning or meditating & relaxing at the end.

Staff have also been asked to identify particular children they feel would most benefit from these, and using LSA support these pupils have had additional sessions. These pupils include those with shorter concentration spans, introverted pupils who find it difficult in a large classroom setting and children with balance and hand eye co-ordination issues

Sports Leaders

With support from the Physical Education subject leader, Y6 Sportsleaders took on the responsibility of leading sessions before school and at break times with younger pupils. Through all these sessions an atmosphere of calm and tranquillity was insisted upon and pupils were given time and space to allow themselves to relax and concentrate. The sessions last for only 15 mins and different sessions are, tailored for different age ranges



IMPACT?

These measures have influenced many areas of the PE curriculum.

The introduction of Body balance has certainly increased both the interest and skills needed for Gymnastics. However, the impact has not only been for the children. With the addition of the after school session's staff have now not only learnt new skills to teach, but it has also helped with their own physical and mental wellbeing. These sessions are weekly and attended regularly by the head teacher, teachers and LSA staff all of whom report back favourably.

The sessions at break times have seen an increase in attendance throughout the two terms. This has now resulted in having allotted break times for the particular year groups to attend. In addition, the sessions in the morning with the Reception class has helped with their introduction to school routines and behaviour expectations. The children are calmer and more focused for their learning.

In both lessons and extra-curricular sessions, pupils lead the warm up and relaxation activities using the yoga cards available to them. Children are also encouraged to practice the importance of breathing and relaxation with sports leaders teaching them particular techniques. These skills help with the children's general behaviour and focus on learning. Registers for extra-curricular sessions have shown an increase in participation. Photographs are also taken and used as evidence in their Learning Journeys.

Headteacher

'The introduction of this initiative has not only benefited my own physical and mental wellness but also made me more aware of the need for these opportunities for all pupils and staff.'

Y6 pupil

'Taking Body balance classes with younger children makes me feel important and proud.'

Mrs L Class teacher

'I always look forward to Wednesday afternoon as it allows me an hour of the week to have time for me both mentally and physically.'

Reception pupil

'I love Body balance because it is fun and makes me stretch.'



SUSTAINABILITY

Sustainability is hugely important in any new initiative. With this in mind, we at Madley strive to implant a structure and plan which will carry on through both the whole school and in the future. With feedback from both staff and pupils being so positive in regard to their mental and physical wellbeing, we are keen to see this initiative continue.

Body balance is now embedded in the whole curriculum. In both lessons and extra-curricular activities, the children are aware of the physical and mental benefits of it. It will also continue as part of the gymnastic lessons and training.

Staff sessions will continue weekly throughout the year and staff have already agreed to subsidise sessions in the future.

Sports leaders will teach and supervise the younger children so that they can then lead the sessions themselves in later years.