

WESTON-UNDER-PENYARD

PE AND SPORT PREMIUM

WHY?

There are a percentage of children at Weston who don't get involved with clubs, don't move much during the day and as far as we know, don't do much outside of school.

The target was increasing the activity levels of the least active pupils, working with pupils who do not usually participate in extra-curricular sports clubs and collaborating with parents and community to raise the profile and importance of physical activity.

It was also felt important that this effort became a whole school approach, including parents and staff as well as the children.



WHAT DID THEY DO?

10-minute fitness challenge

This includes a warm up and then the whole school moving (whether it be walking or running) around the edge of the playground. This weekly challenge is to see if they can go further than the week before. We finish with a cool down and stretch.

Playground Young Leaders Sporting Activity

Three lunchtimes a week, PYL take a class and do a sport-based exercise with them. The children select the activity and have chosen new equipment to use for these sessions.

A whole school Race for Life

For staff and families, raising money for Cancer Research UK and bringing all of our school community together was due to take place in March. However, due to current circumstances it has been rescheduled.

Each child is going to be given a card and every time they completed a lap of our school field (around 0.5 km) they get a stamp. This is to encourage children of all ages and adults of all fitness levels to get involved and their distance would be totalled for their own goals at the end. They will be given a running number on which they can record who they are running for and each will receive a Race for Life medal upon completion.

Spring term fitness club

Every Monday there are a range of sports and exercises for the children to take part in. It was designed and run by teaching staff. Activities have included a jog around the village, circuits, HiiT and a further range of activities, sometimes designed and led by the children.

#OctoberFitnessChallenge

The challenge was to complete 5 miles however you wanted to! We aimed the challenges at the whole family outside of school. This was not only to increase fitness and activity levels, but also support family wellbeing. We used twitter as a platform.

Yoga Thursdays

Run by a professional 'yogi' this was a 45-minute session for different classes in the afternoon. This was an example of how you could keep active but also included meditation time at the end of the session to help children to understand why 'quiet time' is important for their wellbeing.

IMPACT?

Each of these projects and activities have individual impact but overall, the outcomes for being active, better wellbeing and fitness levels have improved.

100% of children got involved in the weekly challenges – there has been a noticeable increase in fitness.

In the #OctoberFitnessChallenge 78% of children got involved across the whole school, including a few nursery-aged children. Using the twitter page for the #OctoberFitnessChallenge encouraged families to get involved. Pupils, families and staff all uploaded photos and there was also the option to email them to the school if they didn't have twitter.

There has been an overall increase in children putting themselves forward for tournaments and enjoying every competition, whether winning or not they are determined to take part and do their best as a team

During April an Active questionnaire was sent out to both children and parents, and we had some really positive comments from the pupils:

'I like that we are encouraged to exercise'

'I like doing it but I don't count the laps'

'Yes, I love running and galloping'.

'Yes I do more laps and stop less often'

There were also positive responses from parents, with 100% of responses indicating that their child has increased activity levels this year and all that responded stated that they had enjoyed doing the October fitness challenge as a family.

*** talks about the weekly fitness on a Wednesday often showing us his star jumps. We have definitely noticed a difference in his fitness at home, he walks for longer since taking part in October fitness challenge. We also felt this was a great way to encourage fitness as a family. Since lockdown he has also joined his dad on some runs and says he likes doing this at school – meaning weekly fitness.

Well done Jack for completing the 3km mud run this weekend! He ran up and down muddy tracks around Eastnor Castle and even waded through a freezing cold, foul smelling, black water stream. #octoberfitnesschallenge



There has also been a huge impact on staff wellbeing, the activities have prompted staff to increase their own fitness levels, and have inspired them to get more active. This is a big part of the wellbeing agenda for staff and it will continue to be a focus into next year as we understand the importance on being active as central to staff wellbeing.

SUSTAINABILITY

Weston will ensure that these activities are carried on due to the immense impact that has been observed on all participants. Children have had an overall improved attitude towards fitness and PE which has been observed by PE coaches, parents and other school staff. Reward time is given at the end of the day and when children are given the chance to choose, more often than not, dance/move or time running around on the playground has been chosen.