

10 quick wins for an Active School

How do we begin to create an Active School approach? Below we have provided 10 top tips for creating an active culture and getting children moving:

1

Give children breaks

Children learn better for 30-60 minutes following an active break in lessons.

2

Get their heart rates up

Cardio fitness is essential for improved learning so when children stand, move them more.

3

Encourage basic movement skills

Movements such as agility, balance and co-ordination (ABCs) are the building blocks of cognitive and social development.

4

Encourage free play during break time

Children have a natural instinct for play that keeps them active for longer.

5

Make sure everyone is included

Notice which children are not moving and support them to take part.

6

Mix it up

Give children choice and variety, otherwise they will get bored easily.

7

Celebrate great delivery

For children to stay engaged they need adults to be fun, engaging and inspiring.

8

Take a whole school approach

Allow for physical activity to be a natural part of the school day.

9

Challenge misconceptions

There is no evidence that increasing physical activity at school reduces achievement.

10

Lead by example

Take every opportunity to move with your children.