



Red Hall Primary School Physical Activity Overview



At Red Hall, Physical Education, School Sport, and Physical Activity (**PESSPA**) are of paramount importance. We are deeply committed to the value of high-quality physical education, opportunities for physical activity, and participation in school sports. Each of these aspects significantly impacts health and emotional well-being and plays a crucial role in whole school improvement. Our goal is to provide opportunities for our pupils to become confident and physically literate in a manner that supports their well-being. Additionally, we aim to offer opportunities for children to compete in sports and other activities to build resilience and instill values such as teamwork, fairness, and respect. This document focusses on the physical activity at Red Hall.

What is physical Activity?

Physical activity in schools encompasses a wide range of structured and unstructured activities that promote physical fitness, health, and overall well-being among students. These activities are integral to a comprehensive education system and can be implemented through various programs and initiatives.

What is the impact of Physical Activity in Red Hall?

Physical Health - Improved cardiovascular health, muscle and bone strength, and overall fitness. Reduced risk of obesity, diabetes, and other lifestyle-related diseases.

Mental Health - Reduced stress, anxiety, and depression. Improved mood and overall well-being.

Academic Performance - Enhanced concentration, memory, and cognitive function. Better classroom behaviour and academic outcomes.

Social Skills - Improved teamwork, communication, and leadership skills. Enhanced social interaction and peer relationships.

Lifelong Habits - Development of lifelong habits of physical activity and healthy living.

What does physical activity look like in Red Hall?

Being active is part of our everyday culture at Red Hall Primary School and we aim for all of our pupils to achieve Active 30 every day in school and 30 active minutes outside of school. To ensure this happens we have a structured 30 minutes of activity Per Day and the multiple opportunity for further physical Activity throughout the day.

Structured:

OUR STRUCTURED PHYSICAL ACTIVITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Total Active Minutes
Before School	Active Travel	Active Travel	Active Travel	Active Travel	Active Travel	
AM	Active Break Times 10:30 - 10:45	Active Break Times 10:30 - 10:45	Active Break Times 10:30 - 10:45	Active Break Times 10:30 - 10:45	Active Break Times 10:30 - 10:45	15 Minutes
PM	Wake up, shake up 12:45 - 13:00	Wake up, shake up 12:45 - 13:00	Wake up, shake up 12:45 - 13:00 Active Assembly	Wake up, shake up 12:45 - 13:00	Wake up, shake up 12:45 - 13:00	15 Minutes
After School	After School Clubs	After School Clubs	After School Clubs		After School Clubs	1 Hour

Unstructured opportunities for Physical Activity:

1) **Active Learning** – In Red Hall we use the scheme of, “Teach Active” this scheme allows us to provide teachers with online lesson plans and resources designed to deliver the Maths and English curriculum through physically active learning (Teach Active - Active Maths & English Lessons). To support this, and to ensure numerous opportunities are constantly available to stay physically active, we have also partnered with Enrich Education - outdoor Adventurous Activities (OAA) Which also provides staff with 100’s of lessons plans which are also designed to deliver the Maths and English curriculum through physically active learning. This resource also provides a range of Wider curriculum subjects, which can be taught through a physical Activity task (Webinar: Delivering Effective Outdoor Adventurous Activities' - Enrich Education (enricheducationuk.com))

2) **A range of Active School clubs**

OUR ACTIVE CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday
KS2 Girls Football Development Centre 15:15 - 16:15	KS2 Netball Club 15:15 - 16:15	Year One Fundamental Movements Club 15:15 - 16:15	No active clubs Thursdays due to Staff Meetings	Whole School Dancercise Class 15:15 - 16:15
	KS2 Boys Football Development Centre 15:15 - 16:15	Year Two Fundamental Movements Club 15:15 - 16:15		
	KS2 Multi Sports Club 15:15 - 16:15			

3) **Our Active School Events** – Every Term, we hold an Active Sports event in school, this also includes inviting parents into school to take part with their child.

Coming up this year:

- Friday 27th September 2024 – Active Colour Run
- Friday 17th January 2025 – Drumba (<https://www.drumba.co.uk/>)
- Friday 20th June 2025 – Sports Day

4) **Active Experience Days** – These events are designed to give our children experiences linked to being physically active and create a lifelong love of sport.

Coming up this year:

- Friday 25th October 2024 – Hiking up Roseberry Topping
- Wednesday 19th February 2025 – Visiting Hamsterley Forrest
- Wednesday 9th July 2025 – Visiting and challenging ourselves on the Air Trail Course at Tees Barrage.

How do we ensure our children are, “Active 60”?

Through the use of, “Moki Bands”, we track the activity of 2 children per class, per day. ([Moki Lessons](#)) The choice of children changes per day, giving a true representation of how active the children are in that class.

Action plan from Data captured:

The data is reviewed termly; an action plan is then created with the classroom teacher to review their opportunities to be active as a whole and review their practice. Using teacher judgement. Specific interventions can they be planned for children who need support to ensure they are active 30.