

St Bridget's CofE School

This is an active school report card for the group:
Whole School

Date: 05/07/2023

Congratulations on completing your recent review of physical activity levels in your school. Below are the details of your review as well as the guidance and actions you have decided to work on in order to increase activity levels for the group above in your school

Inactive: All, or almost all, of the time is spent sitting down

Little activity: Sitting down might be broken up with short bursts of activity. Pupils will spend some working time standing up and moving around the teaching space

Some activity: There will be some deliberate, planned movement and physical activity built into the session

High activity: There will be significant periods of physical activity that are planned and built into the session for all pupils

Active School Review

ACTIVITY	TIMINGS	MON	TUE	WED	THU	FRI
Travel	08:30 - 08:45					
Lesson	08:45 - 09:00	1km Run	1km Run	1km Run	1km Run	1 km Run
Lesson	09:00 - 10:10	Maths	Maths	Maths	Maths	Active Maths
Lesson	10:10 - 10:30	Collective Worship	Collective Worship	Collective Worship	Collective Worship	Collective Worship
Break	10:30 - 10:45					
Lesson	10:45 - 11:45	English	English	English	English	English
Lesson	11:45 - 12:00	Core Strength (Squats & Lunges)	Core Strength (Squats & Lunges)	Core Strength (Squats & Lunges)	Core Strength (Squats & Lunges)	Core Strength (Squats & Lunges)
Lunchtime	12:00 - 13:00					
Lesson	13:00 - 13:20	Reading	Reading	Reading	Reading	Reading
Lesson	13:20 - 13:30	Skipping	Skipping	Skipping	Skipping	Skipping
Lesson	13:30 - 14:10	Science	Music	Geography/History	Art/DT	RE
Lesson	14:10 - 15:10	French	PE	Computing	PE	PSHE
Lesson	15:10 - 15:15	Tidy Up Time	Tidy Up Time	Tidy Up Time	Tidy Up Time	Tidy Up Time
Travel	15:15 - 15:30					

School Guidance

After completing this review we can see how well you are building activity across your school day:

Travel to and from School	Your school appears to have a very well developed active travel plan in place. In order to strengthen your offer even more, you could think about these opportunities.
Active Classrooms	You already try to use physical activity breaks in lessons. Here are some straightforward adaptations you could make to teaching that would build more regular activity into lessons.
Activities at Break Times	You already sees the value of providing structured activities at break times and have a strong programme. Here are some suggestions that could increase its impact even more.
Activities at Lunch Times	You already seem to have a very thorough and strategic approach to your lunch time activity and competition offer. These suggestions may help in making it even more impressive.

Actions

The actions you would like to take are:

Use an Active Travel School Mark as an online accreditation scheme to recognise and promote active travel. The School Mark website will guide you through the key steps required to increase and sustain the number of pupils travelling to school actively. Schools can track progress and access a wealth of supporting resources in order to achieve three levels and become beacons of best practice.

Deadline: 12/07/2024

