**Overview**

Committed to promoting physical activity throughout the entire school day, our school adopted a whole-school approach by participating in the *Creating Active Schools* programme. This initiative enabled strategic collaboration between PE leads, senior leaders, and pupils to embed physical activity beyond PE lessons—integrating it into the whole school experience. Through targeted funding, pupil engagement, and tailored support, we successfully transformed our school culture to prioritize regular physical movement as part of daily life.

**Challenge / Problems**

Prior to the programme, physical activity was largely confined to PE lessons, missing opportunities for children to be active during other parts of the school day. Key challenges included:

* Limited physical engagement during lessons, playtimes, and lunchtimes.
* Insufficient variety in activity options, leading to low participation.
* Lack of pupil input in deciding how physical activity could be made more enjoyable and accessible.
* Minimal after-school club provision targeting diverse interests and needs.
* Need for teacher confidence and resources to deliver active lessons and break times.

**Objectives**

Our key objectives were to:

* Increase physical activity opportunities beyond PE classes across the school day.
* Engage pupils in co-designing activities that encourage movement.
* Expand and diversify after-school club offerings to boost participation.
* Equip teachers and supervisors with skills and resources for delivering active lessons and break times.
* Establish sustainable, pupil-led initiatives to embed physical activity as a daily norm.

**Approach / Solution**

Following a comprehensive self-review to identify priority areas, we focused on four key domains: Active Lessons, Playtime and Lunchtime Activities, Afterschool Clubs, and Active Travel. Supported by the Creating Active Schools programme, we leveraged £3,000 in innovation funding, £850 worth of Moki activity bands, and bespoke one-to-one guidance.

**Pupil Engagement:**
We placed pupil voice at the core of our strategy, consulting the School Council to determine what would motivate children to be more active. This resulted in the introduction of:

* Music during lunchtimes to encourage dancing and movement.
* Under-desk pedals to facilitate classroom-based activity.
* Small parts and construction kits for imaginative, physically engaging play.
* Scoot boards and paddles for playground games.
* Climbing wall holds to promote strength and coordination.
* Moki bands for monitoring activity and enabling friendly competitions between classes and year groups.

The School Council actively secured funding by preparing and delivering a persuasive “Dragons’ Den”-style pitch, strengthening pupil leadership and ownership of the initiative.

**After-school Clubs and Staff Training:**
We expanded our after-school offerings to include Gymnastics and Football clubs, beginning with girls and then opening to boys, resulting in excellent uptake across age groups. Concurrently, staff received CPD and lesson planning support to embed Active Lessons through movement breaks and active learning strategies. Lunchtime and playtime supervisors were trained to facilitate a wider range of structured and unstructured activities, ensuring sustained engagement throughout the day.

**Impact**

The initiative has led to a significant increase in children’s daily physical activity levels, with positive effects on classroom concentration and enthusiasm for movement. The embedding of physical activity into multiple parts of the school day, supported by pupil-led innovation and strategic leadership, has shifted the culture—making 60 active minutes a natural, everyday expectation rather than a target.