

William Hildyard Church of England Primary and Nursery School

January 2018

How are we addressing the 30 minute a day strategy?

- **2 hours of curriculum PE a week**
- **10 after school clubs that give children the opportunity to be active – currently 85% of KS2 children and 60% of the whole school have been involved in a sports club and 52% of KS2 children have been involved in more than one.**
- **A team of 20 playground leaders have been trained to lead structured play at break and lunch times with the support of our Sports Apprentice.**
- **Gonoodle – within lessons**

What is it? - GoNoodle helps teachers get children moving with short interactive activities. Desk-side movement helps children achieve more by keeping them engaged and motivated throughout the day. GoNoodle is designed with Primary classrooms in mind.

 - **Research-based Activities:** Using exercise science and cutting-edge research, we've designed all of GoNoodle's activities to be healthy for the body, engaging for the attention, and beneficial to the brain in specific ways.
 - **Designed for Long-Term Engagement:** GoNoodle makes earning minutes of healthy activity a game that your kids play together. Motivate kids to stay active. Each class chooses a Champ -- a virtual mascot -- who grows as the class earns the points needed to advance to the next level. Reward them for engagement by helping them grow their Champ.
- **Active lessons – teachers have committed to making their lessons far more active (Maths of the Day is being used which is an online resource that provides 1000+ lesson plans on how to deliver the maths curriculum through physical activity.)**
- **Our Sports Apprentice is leading a variety of sporting initiatives:**
 - **The mile a day strategy at break times**
 - **After school clubs**
 - **Support at break and lunch times with structured activities.**