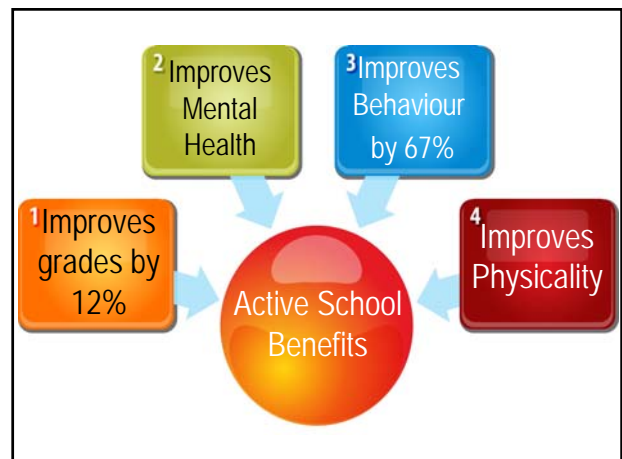


Sugar Tax Funding


Interventions that make the whole school day more active:

- Active blasts
- Active lessons
- Active structured play
- Active travel

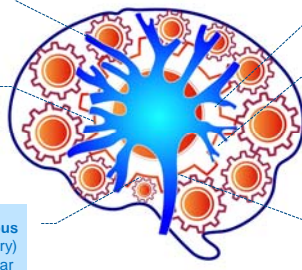
Active Schools



Mountain Bikers ready?



When You Exercise



- Noradrenaline**
 - ↑ Attention
 - ↑ Perception
 - ↑ Motivation
- BDNF**
 - ↑ Grows cells
 - ↑ Improves mood and mental clarity
- The Hippocampus**
 - ↑ (learning / memory) grows with regular exercise
- Serotonin**
 - ↑ enhances mood
- Blood flow**
 - ↑ Oxygen
 - ↑ Nutrients
 - ↓ Toxins
- Dopamine**
 - ↑ Focus
 - ↑ Motivation
 - ↑ Learning


“Exercise elevates Miracle-Gro (BDNF) throughout the brain!”

BDNF

Brain Derived Neurotropic Factor

John Ratey, MD

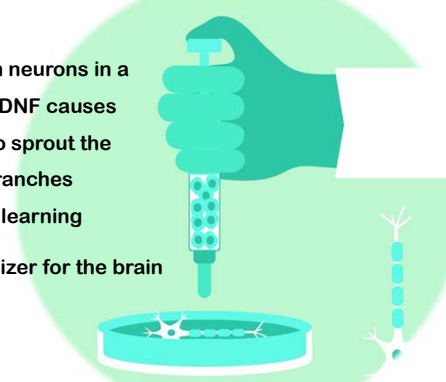
The Science of Exercise and the Brain



Spark: The Revolutionary New Science of Exercise and the Brain by Ratey, John J. (2013)

BDNF is a protein released into the brain after exercise

- Improves the function of neurons
- Encourages new neurons to grow
- Protects them from stress and damage



Sprinkled on neurons in a petri dish, BDNF causes brain cells to sprout the structural branches required for learning

... like fertilizer for the brain

Proving a DIRECT BIOLOGICAL LINK between MOVEMENT and COGNITIVE FUNCTION


Physically Active Math & Literacy Lessons Improve Academic Achievement

- Objective**
To investigate the effects of physically active lessons on academic achievement of children.
- Results:** After 2 years children had significantly greater gains in mathematics and spelling equating to 4 months!
- CONCLUSION:** Physically active academic lessons significantly improved performance, therefore is a promising new way of teaching.

Mullender-Wijnsma MJ, Hartman E, de Greeff JW, et al. Pediatrics, 2016

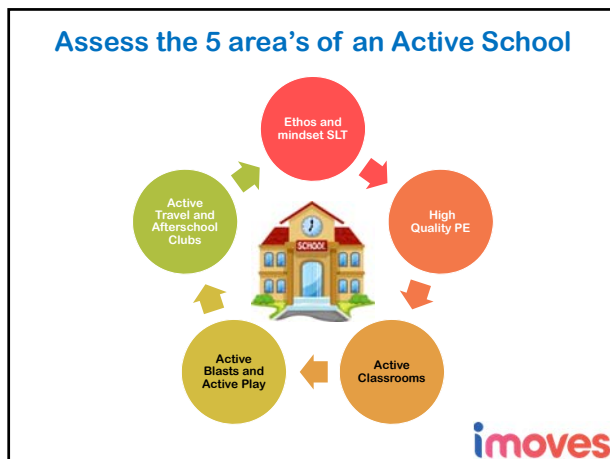
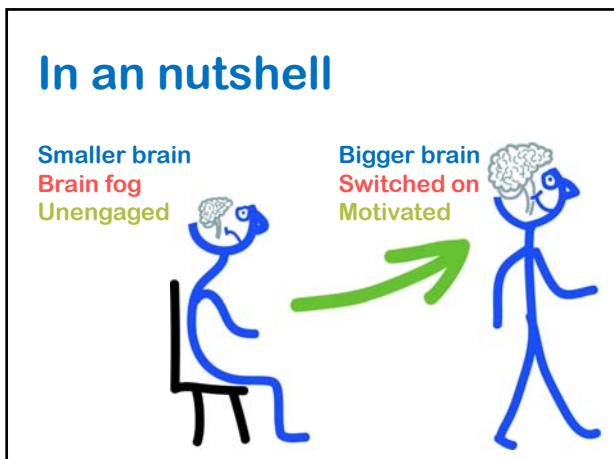
Academic Achievement and Physical Activity A Meta Analysis

Objective
To assess the effect of physical activity on academic achievement and classroom behaviours in 4 – 13 year olds (10,000 from 11 countries pooled data)



High Quality PE + Active Learning → Best Results (Academic 12%, Behaviour 67%)

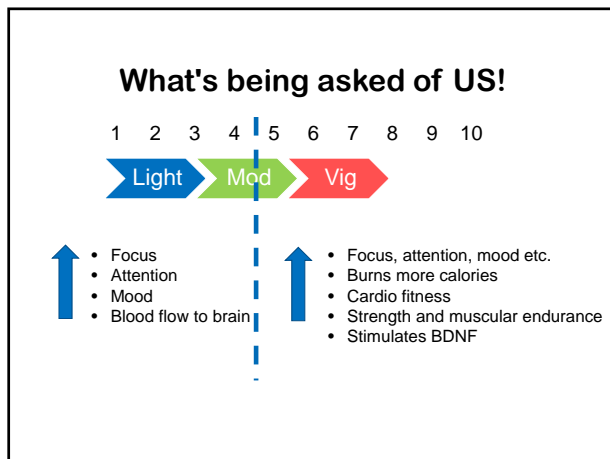
Ref: A... elia; Universidad de Casimiro-La Mancha et al, Pediatrics, (2017)



Your SLT's view of active learning

<p>Mary</p> <p>Behind on studies due to time lost in the classroom.</p>	<p>Jack</p> <p>He's fitter and healthier No improvement in AP.</p>	<p>Hannah</p> <p>4 months more learning gains in 2 years. She's fitter, happier and healthier.</p>
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imoves



Teaching Concepts

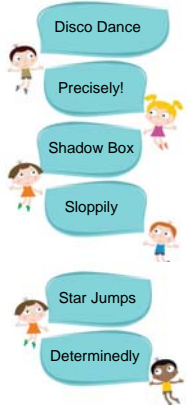
- Music and Drama
- Chosen Between
- Word and Actions
- Top and Tail
- Movie (plug and play)
- Team Games

Words and Actions

Agile Adverbs

Moderate

ACTIONS	ADVERBS
Run on the spot	Gracefully
Do star jumps	Awkwardly
Hop on one leg	Briskly
Climb a ladder	Leisurely
Shadow Box	Lightly
Disco Dance	Heavily
March (on the spot)	Sloppily
Clap hands above head	Precisely
Spin around	Cautiously
Touch the ground	Determinedly
Stretch up	Rigidly
Stand still	Loosely



Movie: Plug and Play

Mod → Vig

Mixed

ARE YOU READY?

03

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Top and Tail

Maths

Fractions factory dance

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Choose Between

Light → Mod

Prefix and Suffix

- In pairs (A and B)
- A is facing the board and reads the words on the board
- B has their back to the board and jumps either FORWARD or BACKWARD to demonstrate their understanding of a root word that has a PREFIX or a SUFFIX

Prehistoric

Provider




Prefix and suffix

Prehistoric	Elevation
Anticlockwise	Provider
Bicycle	Medication
Automatic	Greatest
Supermarket	Soundly
Unhappy	Smaller
Multicultural	Harshly
Cyberspace	Fastest
Overwork	Rarely

Music and Drama Science

Light

Mod

	Peter Pipe cleaner <ul style="list-style-type: none"> • Bends • Twists
	Reggie Rubber band <ul style="list-style-type: none"> • Stretch and stretch and stretch!
	Sally Sponge <ul style="list-style-type: none"> • Squished • Squashed

Action Plan 24, 7, 31



Changing Course Takes Time



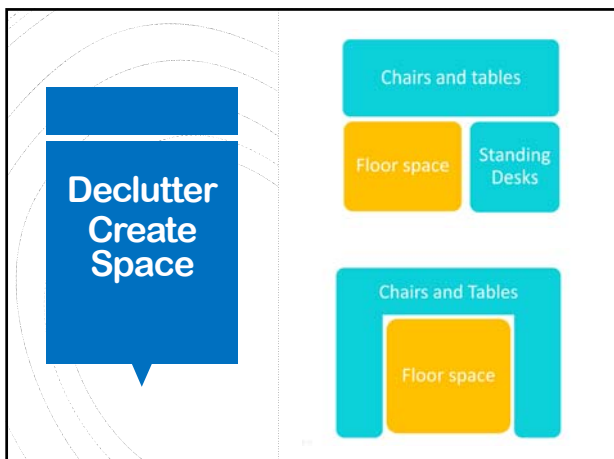
CHOOSE AMBASSADORS



TRIAL OVER 30 DAYS



EVALUATE FOR SLT



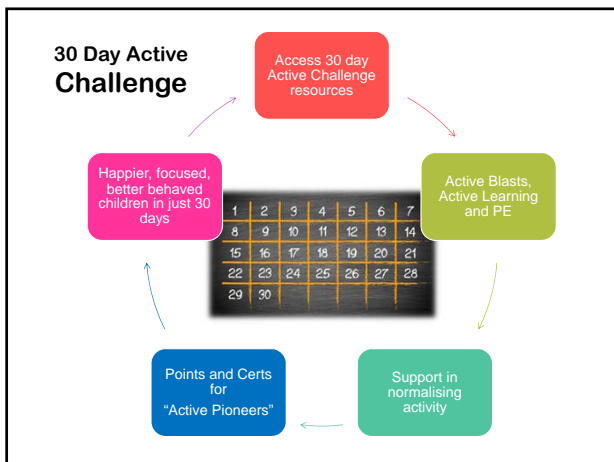
Imoves Active Learning Evaluation

Sheffield Hallam University Sept 2018

Objective
To assess the effect of physical activity on academic achievement and classroom behaviours in Yr. 4 children

Results

1. Imoves significantly reduced sedentary behaviour by 13 minutes in a 60 minute lesson.
2. Children increased moderate to vigorous activity by 5 minutes during a literacy lesson.
3. Teachers and children reported a significant improvement on behaviour, mood and attention on task.



30 day challenge resources

PE interactive schemes

- Dance
- Gymnastics
- Pilates
- Fundamental Skills for Games KS1
- Football, Basketball and OAA

Maths

- Number and Placement
- Add, Subtract, Multiply and Divide
- Fractions Measurement
- Statistics & Geometry

Literacy

- Reading
- Spelling
- Poems
- Punctuation

Active Blasts

150 interactive blasts from 2 – 12 minutes

Mindfulness

- Resilience
- Confidence
- Relationships
- Anxiety

Science and Humanities

Interactive classroom and hall based activities

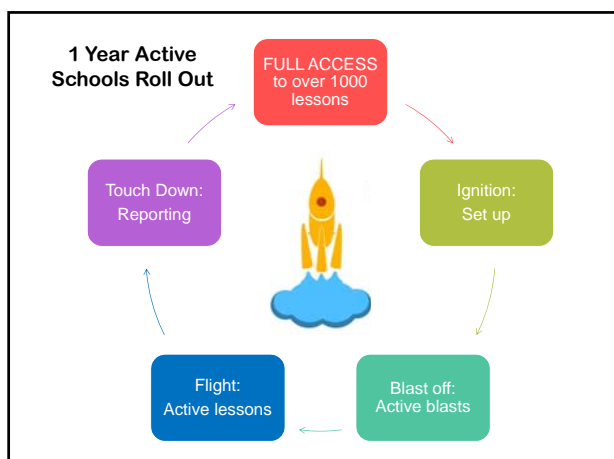
Welcome to the Active Schools Challenge!

It's time to move learning into the 21st century

- Welcome page
- Week by week activity guide
- Poster
- What's included
- Check list and review questions

Our Expectations

- Complete** • Complete the active 30 calendar aiming for 18 points
- Review** • Review and record evidence of activity on focus, mood and behavior
- Organise** • Organise meeting with SLT to review findings of your 30 day challenge
- Call** • Call with imoves to action plan



imoves

Package	Content	Cost per year
Dance	50 dance schemes Linked to curriculum	Up to £495 + vat
PE	Dance Gymnastics Pilates Skills for Games OAA	Up to £595.00 + vat
Active Classrooms	Literacy and Phonics Maths Languages Science PHSE History and Geography Daily Active Blasts	Up to £795.00 + vat
Active Schools	All the above	Up to £995.00 + vat

