Confident workforce
Who can facilitate active lessons from PE to Science

Teacher
PE Lead
TA
Break supervisor

What's the PE Leads Role in your school?

Sugar Tax Funding
Interventions that make the whole school day more active:
- Active blasts
- Active lessons
- Active structured play
- Active travel

Active Schools

Active School Benefits

1. Improves grades by 12%
2. Improves Mental Health
3. Improves Behaviour by 67%
4. Improves Physicality

Improves
grades by
12%
Improves Mental Health
Improves Behaviour by 67%
Improves Physicality
Exercise elevates Miracle-Gro (BDNF) throughout the brain!

**Serotonin**
- Enhances mood

**Dopamine**
- Focus
- Motivation
- Learning

**Noradrenaline**
- Attention
- Perception
- Motivation
- Learning

**BDNF**
- Grows cells
- Improves mood and mental clarity
- The Hippocampus (learning / memory) grows with regular exercise

---

**BDNF**

**Brain Derived Neurotropic Factor**

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

---

**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.

---

**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)

**Best Results**

---

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

Smaller brain
Brain fog
Unengaged

Bigger brain
Switched on
Motivated

Assess the 5 area’s of an Active School

Ethos and mindset SLT
High Quality PE
Active Travel and Afterschool Clubs
Active BLasts and Active Play
Active Classrooms

Your SLT’s view of active learning

Mary
Behind on studies due to time lost in the classroom.

Jack
He’s fitter and healthier
No improvement in AP.

Hannah
4 months more learning gains in 2 years.
She’s fitter, happier and healthier.

What’s being asked of US!

1 2 3 4 5 6 7 8 9 10

Light Mod Vig

Focus
Attention
Mood
Blood flow to brain

Focus, attention, mood etc.
Burns more calories
Cardio fitness
Strength and muscular endurance
Stimulates BDNF

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**

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

**Movie: Plug and Play**

- Mod
- Vig

**Top and Tail**

**Choose Between**

- Light
- Mod

**ARE YOU READY?**

03
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

Prefix and suffix

<table>
<thead>
<tr>
<th>Prefix</th>
<th>Suffix</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prehistoric</td>
<td>Provider</td>
</tr>
<tr>
<td>Anticlockwise</td>
<td>Provider</td>
</tr>
<tr>
<td>Bicycle</td>
<td>Medication</td>
</tr>
<tr>
<td>Automatic</td>
<td>Greatest</td>
</tr>
<tr>
<td>Supermarket</td>
<td>Soundly</td>
</tr>
<tr>
<td>Unhappy</td>
<td>Smaller</td>
</tr>
<tr>
<td>Multicultural</td>
<td>Harshly</td>
</tr>
<tr>
<td>Cyberspace</td>
<td>Fastest</td>
</tr>
<tr>
<td>Overwork</td>
<td>Rarely</td>
</tr>
</tbody>
</table>

Music and Drama

Science

- Music
- Drama
- Science

Action Plan

24, 7, 31

Peter Pipe cleaner

- Bends
- Twists

Reggie Rubber band

- Stretch and stretch and stretch!

Sally Sponge

- Squished
- Squashed

Changing Course

Takes Time

- CHOOSE AMBASSADORS
- TRIAL OVER 30 DAYS
- EVALUATE FOR SLT
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.
1 Year Active
Schools Roll Out

Touch Down: Reporting

FULL ACCESS to over 1000 lessons

Ignition: Set up

Flight: Active lessons

Blast off: Active blasts

Questions!
admin@imoves.com

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