Are you an Active School?

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Boosts immune system

Increases energy levels

Develops stronger bones & joints

Improves reflexes

Reduces fatigue

Improves sleep

Promotes a healthy, active lifestyles

Helps to maintain weight

Helps reduce obesity

Improves reflexes

Helps coordination

Develops gross motor skills

Develops focus

Improves brain functioning

Improves memory

Improves concentration

Increases energy levels

Lifts self esteem

Increases confidence

Reduce anxiety

Improves social skills

Improves mood

Reduces stress

Improves body image

Improves blood flow

Reduces coronary heart disease

Boosts immune system

Improves cholesterol levels

Improves breathing

Improves posture

Develops stronger bones & joints

Improves concentration

Helps coordination

Develops gross motor skills

Promotes a healthy, active lifestyles
What is an Active School?
**ACTIVE SPACES** – Creating the right physical and cultural conditions for increased active learning to take place – the ‘where’ of teaching and learning.

**ACTIVE CURRICULUM** – Embedding increased physical and cognitive activity into the whole school curriculum - the ‘what’ of teaching and learning.

**ACTIVE PEDAGOGY** – using a more physically active pedagogy to improve the quality of teaching and learning across the curriculum - the ‘how’ of teaching and learning.

**ACTIVE ASSESSMENT** – ensuring that assessment methodology reflects more active pedagogy and curriculum – the ‘why’ of teaching and learning.
School environments provide a unique opportunity to ensure physical activity is available to a maximum number of children over lengthy periods of time.


Teachers…. have the opportunity to integrate this into the overall education process.

Physical activity is not an ‘add-on’ – physical activity is central to everything we do. It is the ‘first thought’, not the ‘after thought’

Finland Schools on the Move
Townfield Academy

“As a result of the impact of active maths, children have a new found love for mathematics. Not only has attitudes improved but this has directly impacted on progress with children (across all year groups) now attaining well above the national average”
The Holy Family Catholic Primary School

“They are learning so many math's concepts without realising they’re doing maths. It’s fabulous to see so many smiling faces and increase in achievement in the subject”

Steve Tindall, Headteacher

✓ Increase in attainment
✓ Real impact with girls and the ‘fear factor’
✓ Increase in confidence and self esteem
✓ Outstanding progress (* School top 5% of math’s results nationwide)
✓ Impact on teamwork, leadership and problem solving skills
Duckmanton Primary School
Raising engagement and enjoyment in English

“98% pass rate in this year’s SPAG test”

“Teach Active helped us raise the engagement of students in maths across the school. Active English has helped us achieve the ultimate goal. Lessons are engaging, active and diverse... students love them!”

- Joel Beeden,
PE Coordinator, SENCO, YEAR 6
What is an Active School?

“Ensuring young people have access to the right amount of daily activity can have wider benefits for pupils and schools, improving behaviour as well as enhancing learning and academic achievement.”
Overall effectiveness

Teaching, learning and Assessment
Outcomes
Personal development, behaviour and welfare
Leadership and management

Quality of education
Behaviour and attitudes
Personal development
Leadership and management
“Physical activity is key to personal development. Through physical activity a young person can learn so much about themselves – and develop in areas vital for future success; confidence, self-esteem, resilience, determination. Yet our children today do not experience enough of these opportunities. Schools who provide an active school day are providing the perfect base for this key development”

Journal of School Health
School Challenge

Try it!
Visit www.teachactive.org