

Creating Active Schools Pilot

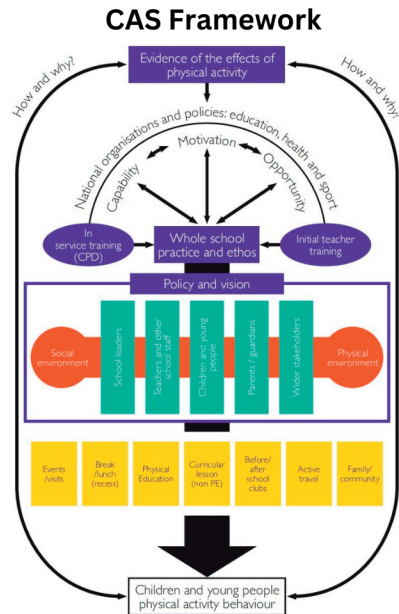
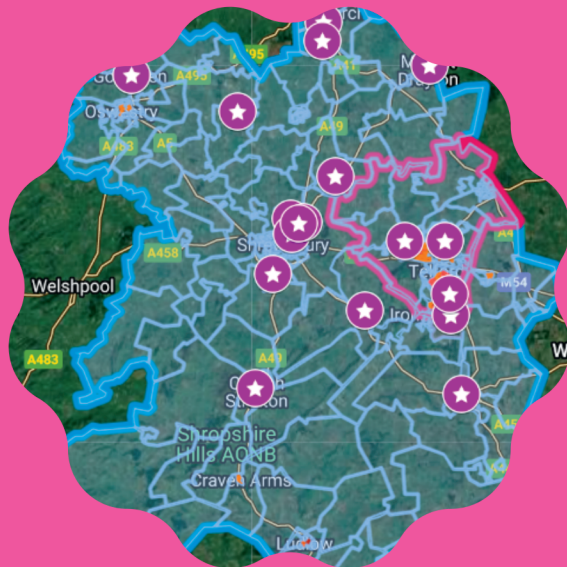


**18 PILOT SCHOOLS:
17 PRIMARY
1 SECONDARY**



**OVER 5700
PUPILS
SUPPORTED**

**13 SHROPSHIRE
SCHOOLS 5 TELFORD AND
WREKIN SCHOOLS**



Over the last 18 months, Energize Shropshire, Telford and Wrekin have supported 18 schools as part of the Creating Active Schools (CAS) national pilot.

The pilot has helped schools to start embedding physical activity into their ethos and culture by using the CAS framework to influence behaviour change.

The Impact



100% schools reported pupil activity levels increased



73% schools reported pupil behaviour improved



93% schools reported pupils' wellbeing improved



80% schools reported children's social skills improved

What staff told us

- Staff mindsets changed - staff are more likely to advocate for movement and physical activity
- Fewer low level behavioural incidents occurred with children showing more respect and understanding
- Emotional regulation improved with children coming into class ready to learn
- Concentration in class and stamina for learning improved. Regular use of active breaks helped pupils to focus better
- Pupils had a greater awareness of the importance of keeping physically active and of the mental and physical benefits it brings.



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Challenges

- Time constraints of the curriculum were the biggest challenge
- Limited parental engagement for initiatives promoting activity at home
- Staff capacity and motivation
- Engaging the least active children sometimes proved difficult.

Learnings

- Culture is important - SLT need to support staff to plan, deliver and reflect
- Motivation is key to influencing behaviour change
- The whole school training session ensures all staff are aligned to the same vision
- Small wins had big impact
- Schools valued having an external champion to hold them accountable.

The children are **EXCITED!** There is a **buzz and energy** around school every day



Conclusion

The key message from the pilot is that it has helped schools to start embedding physical activity into their ethos and culture.

All schools found that building physical activity into their school's practice had much wider benefits than just improving children's fitness and activity levels. Behaviour, wellbeing, social skills, focus and concentration in the classroom all improved.

In the pilot schools, physical activity has been a catalyst for whole school improvement but this has required SLT support, all staff being aligned to the school vision and a long term commitment to behaviour change.

Pupils feel more involved in the decision making process in school and therefore more engaged in activities to increase their levels of activity

FOR THE FULL REPORT & TO FIND OUT MORE

Email: claire.mansfield@energizestw.org.uk

Scan the QR code or visit Energizestw.org.uk



What pupils told us

Smiling on the playground,
Positive people playing fun games,
Opportunities opened to everyone,
Ready for learning after brain breaks,
Teachers make it fun
Elsie, aged 9

I feel happy when I get active
Zach, aged 6

Being active is important since it helps you centre yourself and be ready
Jack, aged 11

Physical activity helps our mental health
Kayleigh, year 4