

Case Study – Barnett Wood Infant School

Project Title:

To promote an environment whereby the whole school community is committed to developing healthy, active children throughout the year.

Healthy Schools Theme:

Physical activity

School Context:

Barnett Wood is a two-form entry infant school in Ashtead. There are 156 pupils in total, split into six classes of 26 children. In the 2018 KS1 SATs, 90% achieved the expected standard in reading, with 40% at greater depth, 85% achieved the expected standard in writing, with 25% at greater depth, 92% achieved the expected standard in maths, with 35% at greater depth, and 100% achieved the expected standard in science.

Currently 6.4% of children have SEN and 3.8% are receiving Pupil premium funding.

Identified Priority:

We identified that, particularly in the winter months, there could be opportunities to encourage the whole school community to engage in more physical activity.

In the month of January 2017, there were 19 “wet playtimes” in total, where children and staff did not engage in physical activity due to inclement weather.

Outcomes:

Outcome 1 – Children and adults are spending more time per week engaging in physical activity

-Staff and children have been using the all-weather track more regularly, with the incentive of the “Walk from Land’s end to John O’Groats” contest. Laps were recorded when children/staff walked or ran round the all-weather track during dedicated sessions at playtimes, regular physical breaks during learning time and twice a week supervised early drop off is free of charge for children who want to use the track. Total laps were calculated at the end of each half term for each class to see which class had covered the most distance.

- Subject leader reinforced to staff during staff training the provision that is required for physical activity in the curriculum. All staff were and still are delivering two PE sessions per week, with 3 in the summer term (2 swimming lessons and a games lesson). Activities were also suggested for extra physical activities, particularly when the weather is challenging, for teachers to deliver regularly, such as dance websites and short physical brain breaks to do in the classroom or hall.

- Walk to school week was launched in June 2018, with 95% of children walking/scooting/riding bikes to school that week. A suggestion of parking in a community car park 5 minutes’ walk away was suggested for those who live too far away to walk, so that those children and parents also made part of their journey on foot. This trend has continued beyond the dedicated week. The children made a parade on their decorated bikes and scooters on the first day of the special week

- Staff took part in a Surrey Healthy Schools walking initiative, attempting to increase the number of steps taken each day by walking/running round the all-weather track, and increasing their general levels of activity.

Outcome 2 – Children are engaging in outdoor physical activity more frequently during the winter months.

- A culture of being outdoors in all weathers, if safe and appropriate, has been established. Most children bring a waterproof coat to school and outdoor playtimes occur unless the rain is very heavy or the playground is icy.

Outcome 3 – pupils are aware of and enjoy the benefits of more regular physical activity throughout the year.

- A cross section of children were questioned in May/June 2017 on their knowledge and attitude towards the benefits of physical activity. Responses ranged from “makes your body healthy”, “makes you strong”, “makes you not get fat” and some didn’t know. Staff training was carried out, in which staff identified all of the physical and mental/emotional benefits of exercise, which was then incorporated into PE sessions through discussion of how your body/mind feels before and after exercise. The same children were questioned in November/December 2017, and many, particularly the older children, were much more aware of the mental/emotional benefits, with comments like “it makes me feel calm”, “it helps you to feel happy because it’s fun”.

Activities / Interventions:

Described above.

Impact:

Outcome 1 – Children and adults are spending more time per week engaging in physical activity

The all-weather track is used twice a week for free early drop-off for 15 minutes each time, with approximately 30 children and some adults using this to walk or run in any one session. It is also used during a dedicated afternoon playtime once a week for 10 minutes. Staff are using the track, as well as dedicated websites with easy-to-follow dance routines, as physical brain breaks before/after/during learning sessions. Walking, scooting and cycling to school is the predominant way that children get to school, with many parents using the community centre car park 5 minutes’ walk away instead of parking near the school. Bike and scooter sheds are provided to encourage this.

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Staff discuss and promote the physical and mental benefits of exercise as part of the children’s learning. As children move through the school, they become more aware and articulate in explaining why we exercise.

Next Steps:

1. The School recently purchased 6 Early Years bikes and 6 bikes for KS1. An additional storage shed has been purchased and built by our all-weather track to encourage more children to use it regularly.
2. Lunch time staff to receive further training to enhance their recent 'Active Play' training to manage and encourage the regular use of the track at lunch times.
3. To continue to highlight the benefits of this project to our children through our PSHE curriculum, highlighting healthy lifestyle choices. To take opportunities to share our project with the school community through news letters and special 'active' days.

Senior Leader Quote:

This project has engaged the whole school and has been highly successful in its aims. We will continue to keep the momentum going as the benefits to staff and children have been clearly stated along with the obvious enjoyment of being active. It is great to see children and staff taking learning breaks throughout the year in this way. Wet playtimes are no longer a barrier to keeping active.

As Early years practitioners we are aware that children enjoy being outside. We have carefully considered how we can harness this natural exuberance and make the outdoors even more accessible for children to gain all the health benefits of being outside.

The regular morning walks around our all-weather track is growing in popularity and last week's count (21st Sept 2018) was 39 children and 8 adults. ALL children run or walk the track regularly either during playtimes or during regular brain breaks from their classroom learning.

Our two bike sheds are regularly full to bursting point with bikes and scooters which show that children are regularly riding to school.

Barnett Wood Walking Challenge



If you walked from Land's End to John O' Groats you would have to walk 1407 km (one thousand, four hundred and seven).

5 times round our track = 1km

How long will it take your class to walk 1,407 km? $14 \times 100 = 1400$plus 7 more!

Term	Tally of laps (each tally mark = 5 laps, so each five = 25 laps)	Total
Autumn 1		
Autumn 2		
Spring 1		
Spring 2		