



Project Title:

Daily Mile: Increasing our pupils' physical activity to increase their wellbeing.

Healthy Schools Theme:

Physical activity (with the implied intention that it will lead to improved emotional health and wellbeing)

School Context:

Shottermill Infant School is located in Haslemere, Surrey. It is a two form entry Infant school attended by 174 children. 8.62% of our children are SEND and 6.32% are FSM/disadvantaged. Our SATs results are in line or better than the Surrey and National average.

Identified Priority:

Our school was recently successful in achieving 2 stars when applying for the Key Stage 1 Star Mark. Part of the resulting action plan was to measure the impact of any interventions we put in place so we can prove we are targeting our provisions effectively. In addition we have recently signed up to the Active Surrey PALSS initiative which makes a commitment to keep the children moving in order to improve the children's physical and mental health. With this in mind we implemented the Daily Mile. We collected baseline data in the Autumn Term and then again in the Spring Term. We used this data to identify those children who had not improved and then sought opportunities to increase their physical activity in a targeted way. This was done in a number of ways such as using the Active Surrey PALSS themes of active learning, active bursts and active play (Physi Fun cards). We also observed them at playtimes to ensure they were active and liaised with parents to encourage them to join an active after school club. Data was then collected in the Summer Term in order to measure the impact of our efforts.

Autumn Term Data

Year One

Puffins - 50% of children could run 1/2 a mile (10 laps) in 10 minutes. Highest number of laps was 12. lowest was 7.

Hedgehogs - 100% of children could run 10 laps in 10 minutes. Highest number of laps 21 (= 1 mile). Lowest number was 11.

Year Two

Foxes - 28/30 (93%) could run 1/2 a mile (10 laps) in 10 minutes. Highest number of laps was 14. Lowest was 9.

Badgers - 22/28 (79%) could run 1/2 mile (10 laps) in 10 minutes. Highest number of laps was 20 (+1 mile) lowest was 7

Outcomes:

Summer Term data

Year One

Puffins - 97% of children could run 1/2 a mile (10 laps) in 10 minutes. Highest number of laps was 26. lowest was 9. 97% of children increased the number of laps they could do between the Autumn Term and Summer Term. 3% remained the same. The average laps across the whole class improved from 9.7 laps in the Autumn to 16.1% in the Summer.

Hedgehogs - 100% of children could run 10 laps in 10 minutes. Highest number of laps 22 (20=1 mile). Lowest number was 12. 94% of children increased the number of laps they could do between the Autumn Term and Summer Term. 6% remained the same. The average laps across the whole class improved from 14.4 laps in the Autumn to 16.7% in the Summer.

Year Two

Foxes - 100% of children could run 1/2 a mile (10 laps) in 10 minutes. Highest number of laps was 26. Lowest was 13. 100% of children increased the number of laps they could do between the Autumn Term and Summer Term. The average laps across the whole class improved from 12 laps in the Autumn to 19.6% in the Summer.

Badgers - 79% of children could run 1/2 mile (10 laps) in 10 minutes. Highest number of laps was 20 (+1 mile) lowest was 10. 90% of children increased the number of laps they could do between the Autumn Term and Summer Term. 10% had data missing due to joining the class in the Summer Term or illness. The average laps across the whole class improved from 11.4 laps in the Autumn to 14.9% in the Summer.

***Reception Classes** joined in in the Summer Term

Squirrels – improved their class average of laps from 9.7 to 11.0 Highest number of laps was 16. Lowest was 8.

Otters – improved their class average from 12 laps to 15.9. Highest number of laps was 20. Lowest was 12

Activities / Interventions:

Whole School

Daily Mile: three times a week for 10 minutes, every week for 2 terms. Staff participated in this alongside the children.

Twice a week classes chose from other physical activities lasting approximately 10 minutes to create more variety. For example: GoNoodle videos, Jump Start Jonny or SuperMovers.

We took part in Stand Up Surrey School Day and Healthy Eating Week to further promote our message of staying active and all of its benefits. Our weekly newsletters helped communicate this theme to parents who were encouraged to support their child and foster the behaviours at home. We have since has an influx of children bringing in medals to celebrate their physical successes. Our lessons and assemblies have physical movement embedded in them as the whole staff promote the importance of movement.

As mentioned previously where a child could benefit from more physical activity staff have targeted them in a variety of ways. At lunchtimes PhysiFun cards, which we recently bought (£25), are being used to encourage activity. These are used alongside our activity trail, trim trail and treetop climber equipment. School Council members have also been active in encouraging pupils to use the activity trail and spotting children who have been sitting still for extended periods. The whole school community have engaged in this initiative. Our after school clubs change throughout the year but have included: Judo, Football, Street Dance, Dodgeball and Summer Games. We have also had cycling proficiency and cricket taster sessions to promote activity outside of school. Physical activity now has a high profile in our school.

Impact:

Out of the 120 children in Years 1 and 2, 12 did not improve their personal lap best from the Autumn to Spring term. Staff then targeted these children during the school day. Examples of this were to challenge them to keep running at a steady pace in order to improve their stamina. They were encouraged to increase the size and speed of their movements when joining in with fitness videos. 3 children joined an active after school club and 1 was chosen to take part in a Confederation sports event. As a result of these interventions all 12 children improved their lap total in the Summer Term by adding an average of 3 extra laps. Indeed 5 of these children went on to run 20 or more laps which hit the one mile target!

Children have enjoyed trying to beat their personal best lap totals over the year. The competition against themselves has served as a good learning experience which they can relate to other areas of the curriculum. There is a definite 'buzz' when the children return to the classroom having completed their daily mile and they are more aware of the benefits of physical activity when you discuss it with them. "It wakes my body and brain up." Staff have been good role models which has helped motivate the more reluctant pupils as they strive to keep up or even overtake their teacher.

Next Steps:

Our next steps involve building on these successes of targeting children. We can use our Summer term data to target children at the start of the Autumn Term. We are also going to implement a club participation/sports events tracker across the school so we can track participation. This will be used in conjunction with a survey of clubs and sports children participate in outside of school. This will enable us to see who could be encouraged/selected to attend more physical events. By using the PE display board, future sporting events will be visible so children can aim and work towards being selected. We are also looking into training our playground buddies up to be leaders in physical activities at playtimes. In the short term this will take the form of leading PhysiFun games however Active Surrey run courses for Year 2 children in how to be leaders which we will look into. The staff have taken the lead and have modelled and supported the children in how to be active this year and our next step is to involve the children more and empower them to take the lead. Hopefully healthy behaviours learnt now should lead to healthy lifestyles in the future.

Senior Leader Quote:

The improvements we have seen this year in pupils being physically active have been fabulous. Mrs Klein's leadership of the Daily Mile project has seen real improvement in the pupil's stamina and attitudes to running regularly. Targeting specific children was vital to improving outcomes for all pupils. This project combined with our joining up to PALSS and Stand up Surrey day have seen a really change in our pupils and staff activity levels each week and this will be embedded next year as our expectation of normal good practice. It has been great to see pupils respond so positively to active assemblies and lesson. The parents have really been supportive in sharing the children's out of school achievements so that we can inspire others to take on an active challenge outside school. One example of this was a Y2 child cycling the perimeter of the Isle of Wight over a number of days with their family. This then prompted other families to share their adventures. We also celebrated another pupils first 2K run. Many thanks to Mrs Klein for leading his project forward and inspiring us all to get moving.