

# Birkby Infant and Nursery School are creating an Active School!

Physical Education, healthy lifestyles, sport and the emotional wellbeing of our children is a priority for our school. Birkby Infant and Nursery School is part of: Creating Active Schools: A research based whole school behaviour change approach to increasing and improving physical activity in schools.



## Why should we become an Active School?

### Everyone benefits when children move more

#### Improved focus

Used selectively, short bursts of activity can break up periods when children struggle to focus and engage.

#### Greater participation

Children learn better when they're engaged. And like everyone else, they weren't designed to sit still for long periods - movement during learning sessions offers a chance for learning to be more fun.

#### Improved attainment

Physical activity improves children's levels of concentration and focus and improves their performance in class.

#### Better health outcomes

No matter how active we are at other times of the day, sitting for long periods leads to poorer health at all ages. Sedentary behaviour slows our metabolism and leads to a build-up of visceral fat, which can contribute to obesity, type 2 diabetes, and some cancers.

#### Boost to mental wellbeing

Moving improves our mental health, whether it's through the release of endorphins, reduction in the stress hormone cortisol or simply by participating and connecting with others.

#### Builds habits for life

Being active doesn't have to mean you're good at sport, getting children to develop simple active habits will help them be healthier and happier for the rest of their life.

## What do we do as a school?

### Travel

We use the Initiative WOW travel to promote walking, scooting and cycling to school, setting pupils up for the day and helping create a better environment for our children.



### In Class

Lessons throughout school have a greater focus on movement and activity. Children are physically involved in their learning and movement is a central part of their lesson. We use



Wake up, shake up and impromptu activities such 'stand up not hands up', we use a range of activities to offer active bursts to reinvigorate our pupils.

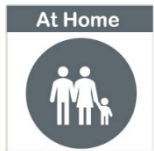
## At Play

'Play' naturally sees most children moving more, but a planned approach can encourage those who are less likely to join in spontaneously. We use active breaks to ensure children are physically active while at play.



## At Home

The Chief Medical Officer recommends that children are active for at least 60 minutes every day, half of which should be at school. Activity outside school accounts for the rest and we can help with ideas to encourage pupils to take their new active habits home with them with some ideas you might like to try:



10 minute shake up: <https://www.nhs.uk/10-minute-shake-up/shake-ups>



50 things to do <https://kirklees.50thingstodo.org/app/os&!/welcome>



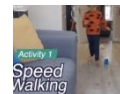
SuperMovers: <https://www.bbc.co.uk/teach/supermovers>



Walk to school: <https://www.livingstreets.org.uk/walk-to-school/primary-schools>



This is PE: <https://www.yorkshiresport.org/get-active/thisispe/>



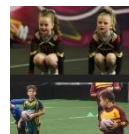
Clubs and classes in Kirklees: <https://www.familiesonline.co.uk/local/kirklees/clubs-and-classes>



Huddersfield splash park: <https://www.yeahdaysout.co.uk/splash-park>



Huddersfield Giants: <https://hgct.co.uk/sports/>



Huddersfield Town: <https://www.htafcfoundation.com/sports/>



Huddersfield tennis club: <https://www.hltsc.co.uk/>

