

Report to tackle Obesity – January 2017

How we are going to tackle the issue:

- FD to lead 'the golden mile' upper school children to run a mile twice a week to become more active. Will also be a break to act as a wake up shake up ready for the next lessons. Teacher to run dance on the playground for the children who don't want to participate in the golden mile, so that everyone is catered for.
- CP to run wake up shake up assembly for lower school children twice a week, so they can become more active.
- Circles used to discuss sports they enjoy, would want more of, etc - CP to monitor and address relevant areas. Give pupils the voice so that they can say how they would want to be more involved in PE.
- New clubs created: climbing, multi-skills, etc – so that all children have a club they would enjoy attending.
- At least 2 sports club on offer every day after school so there are enough places and more variety of sports. Clubs changed termly.
- Sports day in teams and differentiated so that all children can participate without feeling they can't do it.
- Wake up shake up assembly to provide more time for exercise.
- Teachers to use 'just dance' in class as rewards or as breather activities to get the children active and moving.
- At least two hours of high quality PE a week
- Science and topic lesson linked into HAL and healthy eating
- Lessons to be cross curricular linked with PE where possible to provide more opportunities for PE
- I-Moves dance used for whole school to enhance children's enjoyment of dance.
- External coaches to come in and help lead PE sessions to try and motivate disengaged boys
- Coaches to provide free places at their clubs so target children can access the local clubs
- All children to have the opportunity to participate in inter-school competitions
- Close monitoring of clubs to see if target children are attending
- Clubs provided at lunchtimes (at least two a day) to provide further opportunities for sport in school
- Trim trail club for parents and children so they can see other ways of making sport fun at home
- Residential trips for year 5 and 6 to provide different sports they might enjoy
- Year 6 pupils to become junior sports leaders to lead sports and clubs at lunchtimes for younger pupils
- Walk to school week
- Team Building week in September to provide extra PE every day for a week
- Peer marking within PE lesson
- Running round the field/playground to not be used as a warm up so children never feel they are the worst
- Teachers to join in PE sessions to share the passion with all our pupils

Our aim is that every child will leave Larkrise having discovered a sport they can enjoy and continue throughout their life. We want to instil and enthuse them with a passion and love for sport.