



# LLR Active Schools

## Leicestershire, Leicester and Rutland's Whole School Approach



### 1. Develop & deliver multi-component interventions

- Fundamental Movement Skills Programme
- Change 4 Life Clubs
- This Girl Can
- Inactive Boys Programme
- Links to Mental Health / Nutrition
- Premier League Primary Stars

### 2. Ensure skilled workforce

- Level 5 PE Specialism training
- Incorporating physical activity training into teachers leading on PSHE
- Apprentices
- Training Non sport / PE staff
- Comprehensive CPD Programme
- Sharing best practice
- School Physical Activity Champions

### 3. Engage student voice

- Playground Leaders / Playmakers
- Sports Leaders / Ambassador's
- Pupil Survey through school nurses
- New Primary Pupil Survey
- CYCLE Council
- Informal & formal opportunities for consultation
- Peer mentoring
- School Games Organising Committees in Schools
- School Council's

### 8. Embed monitoring and evaluation

- Pre and post questionnaire – prescriptive template for targeted interventions
- School Impact report
- Registers
- School nurses survey
- School Games Mark
- Healthy Schools Award
- PE Premium statements / Impact



**Using the 8 principles of the Whole School Approach to improve the health and wellbeing of our children and young people through PE, School Sport and Physical Activity**



### 4. Create active environments

- Daily Mile
- Enrichment lessons
- Physical activity guidelines
- Marketing / promotion of the offer inside/ outside of school
- Workplace Challenge
- Design of outdoor space
- Active lunchtimes
- Use of technology

### 7. Promote active travel

- Active Travel Plan – Mode Shift Stars
- Bikeability
- Kiss and Stride
- Crossing patrol roles
- Walking/cycling/scooting to school– campaign weeks
- Links with Road Safety Officers

### 6. Embed in curriculum, teaching and learning

- Active Lessons
- Active classrooms – standing not sitting
- Forest schools
- Enrichment lesson offer for all
- Wake & Shake / Brain Gym
- Links between sport & physical activity and attendance, attainment, behaviour

### 5. Offer choice and variety

- Develop a minimum offer for all including traditional sport, alternative sport, physical activity and exercise
- Variety of opportunities inclusive for all
- Links to School Games
- Volunteering / leadership
- Staff offer



**Leicestershire County Council**



**LEICESTER-SHIRE & RUTLAND SPORT**  
PHYSICAL ACTIVITY & WELLBEING



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