

The 30-Minute Agenda

How is Shortstown Primary School ensuring all children achieve 30 minutes of activity a day?

Aerobics

At the end of assemblies, and collective worship within the classroom, all children complete an aerobics dance to music. These dances have been designed, and are led, by the children.

Maths of the day

As a school we have purchase Maths of the Day, a mathematics scheme that makes use of physical activity during maths lessons.

Exercise Bikes

The school has invested in exercise bikes in EYFS and upper KS2. Within EYFS, the bike is linked to educational games and require the children to cycle to complete the tasks.

Within upper KS2, the bike is fitted with a desk that allows the children to pedal while completing learning activities.

Fitness bands

The school is starting intra-school 'steps' competition, which will see house teams competition to complete the most steps each week/ half term/ term and for the whole year. Each class will have a fitness band for their house team and rotate who is responsible for the steps each day.

Lunchtime

The school has invested in new resources to be used on the playground during lunchtimes, which encourage them to be active.

There are lunchtime clubs, run by the PE apprentice, which engage the children in physical activity and competitive sport.

A group of year 3 children are play leaders and they run 30 minutes of games every lunchtime for the other children in the school.