

## Physical Activity: Characteristics of Best Practice

**Objective 1:** How you increase the confidence, knowledge and skills of school staff in physical activity.

Characteristics of Best Practice	
Primary	Secondary
In house subject specific knowledge is developed with cross school delivery involving multiple staff.	Staff share the pedagogies of PE with cross departmental colleagues.
A nominated Governor with responsibility for an integrated whole school approach linking physical activity, diet and wellbeing.	A nominated Governor with responsibility for an integrated whole school approach linking physical activity, diet and wellbeing.
Staff are engaged in workplace health initiatives and are modelling positive behaviours.	A nominated staff lead for health and wellbeing e.g. Healthy lifestyle coaches.
Professional development and training opportunities are provided for staff.	Professional development and training opportunities are provided for staff.
	Staff are engaged in workplace health initiatives and are modelling positive behaviours.



Healthy  
Schools

**Objective 2:** How you raise the profile of PE, sport and physical activity across the school community.

Characteristics of Best Practice	
Primary	Secondary
The context of PE and school sport is used to explore cross-curricular links.	PE contributes to whole-school priorities including; literacy and numeracy policies, values and life/employment skills.
Celebrate participation, fun, effort.	Processes are in place to help students/parents understand how they are progressing and what they need to do to improve.
Intra school class/tutor/house activity and school games/sports day.	Parents are actively engaged and involved.
Processes are in place to help students/parents understand how they are progressing and what they need to do to improve.	Celebrate success and recognise achievement.





Healthy  
Schools

Competitions reinforce wider whole school values e.g. respect, honesty, teamwork etc.

Intra school class/tutor/house activity and school games/sports day.

Enrichment opportunities for young people are signposted including opportunities to sample new sports e.g. community notice board.





Healthy  
Schools

**Objective 3:** How you encourage all pupils to engage in a broad range of physical activities.

Characteristics of Best Practice	
Primary	Secondary
<p>A progressive and structured programme with a focus on developing physical literacy and core skills through Aquatic, Athletic, Gymnastic and Dance activities.</p>	<p>The curriculum is designed around the needs of students.</p>
<p>A varied programme with a range of activities covering target, combat, striking/fielding, net/wall and invasion games.</p>	<p>Opportunities are provided to sample new and alternative sports and activities including outdoor adventure.</p>
<p>Opportunities are provided to sample new and alternative sports and activities including outdoor adventure.</p>	<p>Underdeveloped fundamental movement skills are identified and remedial action is taken to address gaps.</p>



Healthy  
Schools

Participation in Inter school/cluster festivals.

Targeted opportunities for low engagement or vulnerable groups.

Dedicated time, equipment and resources for target groups.

Engagement with local/county School Games programme across a range of Sports.

Access to activity beyond school, signposting enrichment opportunities.

Recognition of key transition points and strategies for their management.

Engagement with local/county

School Games programme.





**Objective 4:** The opportunities that are available to pupils to be active, both inside and outside of the classroom.

**Characteristics of Best Practice**

Primary	Secondary
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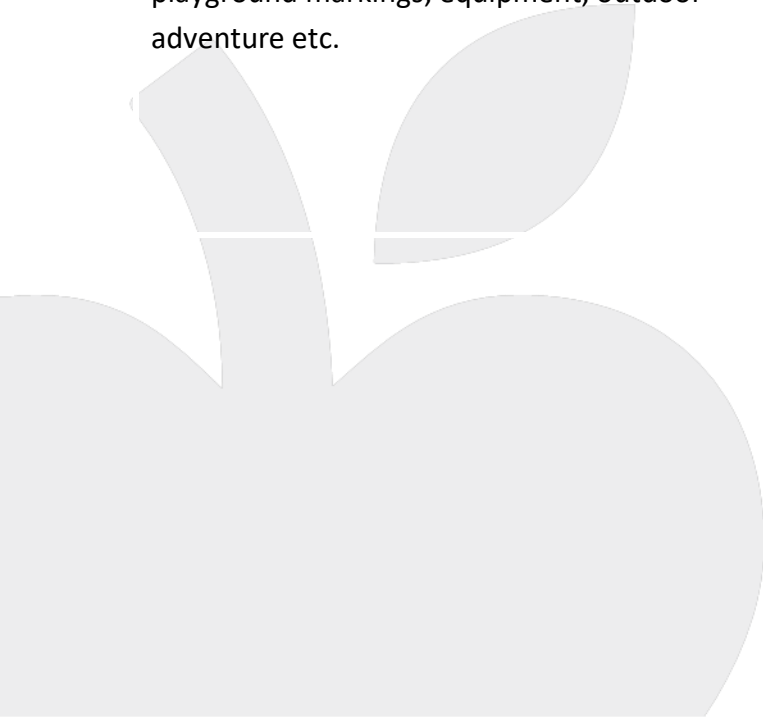
Structured playtimes with dedicated leadership/activation and opportunities to get active.

A physical environment that facilitates healthy lifestyle choices; bike shelters, water stations, equipment, outdoor adventure etc.

Focused time for daily physical activity  
e.g. Wake and Shake, Take ten etc.

Focused time for daily physical activity, e.g. brain breaks

A physical environment that facilitates healthy lifestyle choices; bike shelters, playground markings, equipment, outdoor adventure etc.





**Objective 5:** Promotion of active travel.

Characteristics of Best Practice	
Primary	Secondary
Up to date School Travel Plan	Up to date School Travel Plan
Engagement in active travel initiatives	Engagement in active travel initiatives
School facilities that account for active travel, e.g. bike shelters	School facilities that account for active travel, e.g. bike shelters



**Objective 6:** How you consult with pupils to establish their thoughts and feelings about physical activity and how you act upon this.

### Characteristics of Best Practice

#### Primary

Young people assisting roles in organising/running school games/sports day.

A peer to peer buddy system is in place to support vulnerable pupils.

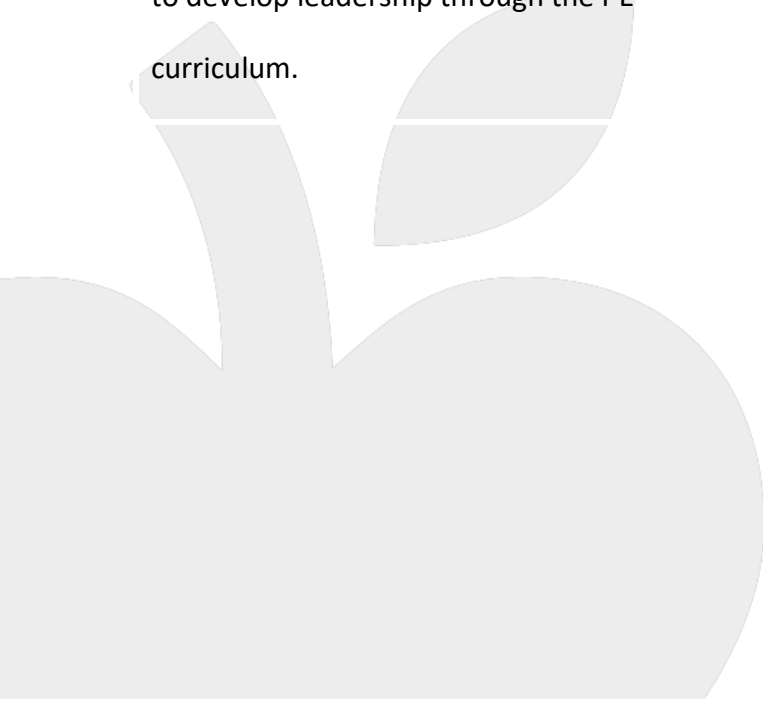
Young people have the opportunity to develop leadership through the PE curriculum.

#### Secondary

Young people understand how their body works, the effects of diet/activity and are actively involved in health assessment.

Pupils from target groups help shape the programme and lead as advocates.

Students input to developing the competition programme and running events as volunteers/leaders.







Young people engaged in peer to peer evaluation, feedback and learning.

Young people contribute to the running of PE and school sport e.g. school sport organising committee.

Young leaders deliver support to younger pupils and primary feeder schools.

Young leaders are supported to gain formal coaching/officiating qualifications.

