



The Healthy Schools London (HSL) Gold Award Reporting Tool



School Details

Name of School:		Borough:
PA Primary School		Borough
Key contact and job title:	PE/STP Coordinator and Play Leader	
Date achieved HSL Bronze Award:	28 th May 2014	
Date achieved HSL Silver Award:	22 nd July 2014	
Health Priority 1 (universal)	Group	Planned Outcome(s)
Priority: Physical Activity	<p>For all pupils</p> <p>September 2014</p> <ul style="list-style-type: none"> Total number of pupils September 2014 = 435 Total number of pupils in sample September 2014 = 260 (across all year groups) <p>May 2015</p> <ul style="list-style-type: none"> Total number of pupils May 2015 = 445 Total in number of pupils in sample May 2015 = 234 (across all year groups) 	<ul style="list-style-type: none"> 50% increase in children taking part in lunchtime and after school physical activity clubs. 30% increase in the number of pupils engaging in a minimum of 60 minutes physical activity each day in and out of school 80% of pupils say they have enjoyed participating in the additional physical activity <p><i>Baseline and endline numbers to be indicated on HSL Gold report</i></p>
Project Start Date	September 2014	



Name of School:		Borough:
PA Primary School		Borough
Project End Date	July 2015	
Consent to share Report and Photographs	We agree that HSL may share this report and photographs. Yes	

Health Priority 1 (universal)	Planned Outcome/s
Priority: Physical Activity	
Group	
For all pupils	
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May 2015 <ul style="list-style-type: none"> Total number of pupils May 2015 = 445 Total in number of pupils in sample May 2015 = 234 (across all year groups) 	<p><i>Baseline and endline numbers to be indicated on HSL Gold report</i></p>

Health Priority 1: Record and report impact: Evidence of what has changed as a result of the intervention (planned or unintended outcomes and wider impact)



A: Record results and outcomes

i) Overview:

The 2014 Child Health Profile for the borough shows that 23.2% of children aged 4-5 and 30.5% of 10-11 year olds are overweight or obese. In addition, only 53.5% of pupils participate in at least 3 hours of sport / PE within and beyond the curriculum in a typical week, which is worse than the England average. Research suggests that to stay healthy or to improve health, children and young people need to do at least 60 minutes of physical activity every day (DofH 2011).

After a review meeting in 2014 with our local Partnership for School Improvement and Partnership for School Sport the recommendations we were given to increase pupil participation in physical activity and sport were to increase the number of lunchtime and after school club provision. They suggested developing further links with local after school providers and engaging in competitive sports competitions.

In October 2014 we conducted a survey with 260 pupils across all year groups asking them about their participation in physical activity throughout the week. In this baseline assessment, we found that on average pupils were active for less than 60 minutes each day and therefore not meeting the Chief Medical Officer's physical activity guidelines. However, 90% of pupils reported that they enjoyed participating in physical activity and sport and over 80% reported that they would like to do more. We used these findings and our HSL Silver plan to focus on increasing the amount of time pupils spend being physically active each day, maintaining their enjoyment of physical activity, and thus improving the health of our pupils.

ii) Planned outcome:

To try and address the issues outlined above and to increase the amount of time pupils spent engaged in physical activity, we set ourselves the following planned outcomes:

- 50% increase in children taking part in lunchtime and after school physical activity clubs.
- 30% increase in the number of pupils engaging in a minimum of 60 minutes physical activity each day in and out of school
- 80% of pupils say they have enjoyed participating in the additional physical activity



iii) **Outcomes achieved and detailed results**

We achieved the following results:

1. 50% increase in children taking part in lunchtime and after school physical activity clubs - exceeded

Lunchtime

In October 2014, only 38% (99/260) of pupils reported that they were active during lunchtime break. In July 2015, this had increased to 69% (161 /234) pupils - an 82% increase. Being active during lunchtime break was defined as the number of pupils reporting that they play games organised by adults, play games like football or netball, or run and skip during lunchtime break.

After School Clubs

In the academic year 2013-2014 we held 6 clubs with 68/260 (26%) pupils attending each week. In the academic year 2014-2015 we increased this to 11 after school clubs with 199/234 (85%) pupils attending each week - a 227% increase in the number of pupils attending an after school club.

2. Increase by at least 30% the number of pupils engaging in a minimum of 60 minutes physical activity each day in and out of school - exceeded

We achieved a 132% increase in the number of pupils engaging in a minimum of 60 minutes physical activity each day in and out of school. In October 2014, only 28% (72 / 260) were meeting the recommended guidelines. In July 2015, this had increased to 65% of pupils (151/234). In addition, we achieved a 63% increase in the average number of minutes pupils participated in physical activity (from a baseline average of 52 minutes a day to an endline average of 85 minutes a day).

3. 80% of pupils say they have enjoyed participating in the additional physical activity - exceeded

When we surveyed the pupils in July 2015 and consulted with them on how they had found the extra physical activity implemented throughout the year:

- 90% (210 / 234) pupils reported that they enjoyed participating in the additional physical activity



- 82% (n=193 / 234 pupils) reported that they thought they were good at physical activity and sports
- 81% (n= 190 / 234 pupils) reported that they would like to do more physical activity and sport

At baseline (October 2014) 90% (235/260) of pupils reported that they enjoyed taking part in physical activity and sport, and 80% (209/260) reported that they would like to take part in more. We slightly changed the question at the endline survey to reflect the planned outcome of enjoyment from the '*additional physical activity*' so the baseline and endline data can not be directly compared. However, the results are similar, with the endline figure being higher suggesting that increasing the number and range of opportunities for participating in physical activity has maintained, and may have slightly improved their enjoyment of physical activity.

B: Approach

i) Describe how you achieved the outcomes:

In October 2014 we conducted a physical activity survey with 260 of our pupils across all year groups. In this baseline assessment we found that on average pupils were active for less than 60 minutes each day and, therefore, not meeting the physical activity guidelines. However, 90% (235/260) of pupils reported that they enjoyed participating in physical activity and sport, and 80% (209/260) reported that they would like to do more.

Provision of additional clubs

Lunchtimes

To encourage pupils to participate in physical activity during lunchtime breaks we decided to zone the playground into 6 sections...

- Pitch 1, 2 and 3: In the pitches we carry out physical activities such as football, tennis, hockey, dodge ball, British Heart Foundation (BHF) activity cards, stilts and hoola hoops
- Daily Challenge Area: In the daily challenge area we carry out physical activities such as parachute games, skipping, snakes and ladders
- Throwing Zone: In the throwing zone we carry out physical activities such as quoits, koosh balls and bean bags
- Music Zone: dancing
- Field: ball sports e.g. whole pitch football games, hockey,



- Climbing Frame/Muga: e.g. basketball, tennis, volleyball, badminton

A staff rota was set up to ensure that each of these areas was supervised and that staff were in place to encourage participation from all children. The sections were also put on a rota so that children of all ages got a chance to use each zone throughout the week.

Before we had zoning in place there was no structure to playtimes, children were free to run around and do what they want, but many of the children reported that they were bored and not active.

After School Clubs

To encourage pupils to participate in physical activity after school we increased the number of after school clubs available based on pupil and parent consultation. In the academic year 2013-2014 we held 6 clubs with 68 pupils attending each week. In the academic year 2014-2015 we increased this to 11 after school clubs with 199 pupils attending each week. As with the lunchtime activities, the clubs were put on a rota to ensure that different children got a chance to participate in different activities. For every after school club we now run, we have developed links to local clubs so that children can continue to participate in activities. The local clubs co-facilitate the last session of the school club so that children have an opportunity to get to know the club staff, which makes the transfer over to the local club easier.

Table to show After School Clubs and attendance on an average week in academic year 2013-2014 and 2014-15

Day	After School Club	Number of Children attending per week 2013-14	Number of Children attending per week 2014-15
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Monday	Ballet	14	17
	Football - NEW in 14-15	0	24
Tuesday	Street Dance	9	0
	Gymnastics - NEW in 14-15	0	18
	Cricket - NEW in 14-15	0	16
	Tag Rugby - NEW in 14-15	0	24
Wednesday	Multi Sports	5	0
	KS1 Tennis - NEW in 14-15	0	16
Thursday	Multi Sports	4	0
	KS2 Gymnastics - NEW in 14-15	0	16
	Cricket - NEW in 14-15	0	16
Friday	KS1 Street Dance	16	18
	Football	20	20
	Netball - NEW in 14-15	0	14
TOTAL		68	199

Achieved the Sainsbury's School Games Silver Award

We have worked on the School Games Award in tandem with our HSL awards. In October 2015, we achieved the Sainsbury's School Games Silver Award for 2014/15. Based on a validation visit by Sheffield Hallam University we were found to have met the criteria for the Silver award as a result of implementing the following:

- Having a system in place to track young people's participation in School Games. This made it easy to identify pupils deemed as 'less active' and encourage them to take up opportunities e.g. registers of pupils and tracking pupils not participating.
- Holding a School Games Day as the culmination of a year-round competition programme. This involved: children competing in various competitions for their houses, each class being allocated a continent, an opening ceremony taking place with a parade and an awards presentation which helped meet the cultural and celebration criteria of the School Games Day



- Having a noticeboard for promoting School Games activity and results of competitions and match reports are featured on the school website and local press
- Providing evidence of provision of support for talented young sports people e.g. we refer gifted and talented children to the borough sports trials, working closely with parents and the school to support children to train. E.g. authorised absences so that they have time to compete and train and providing extra support at other times for their school work.
- Providing approved School Games competitions at Level 1 & 2, and for B & C teams for boys and girls – the school participate in 8 sports at Level 1 and 9 sports at Level 2 with 3 'B' teams competing in Level 2 competitions
- Engaging students in leading, managing and officiating in School Games activity – 17% (76 pupils out of 445) of students lead, manage and officiate in school games activity and a sports council made up of sports captains plan and organise school games activity within the school. E.g. our Year 5 pupils all lead KS1 sports day and all our Year 2 pupils led our foundation sports day.
- Utilising sports coaches to support school sport activity within both curriculum and extra-curricular time
- Providing evidence of training school staff to support school sport activity
- Linking up with local sports clubs. We have built the links with Old Elizabethians, Lawn Tennis Club and Hendon Gymnastics.

Pupil Play Leaders

As part of our HSL Silver & Gold award we introduced pupil play leaders. Every day, Year 6 pupils visit the foundation playground (Reception and Nursery) and lead games at break times e.g. ball games to promote hand-eye coordination. We also train up some of the older children (Yr 5 and 6) to referee younger years games on the pitches.

C: Analysis of results

i) Include details of what worked and why

Key successes, and potential reasons for exceeding planned outcomes

- Increasing attendance at lunchtime and after school clubs: – Our key success was the zoning of our playground and introduction of lots of new activities for the pupils to try. We also put a lot of effort into launching this to ensure that everyone was aware of the new environment, how to use it, the benefits e.g. we held a launch assembly and follow up assemblies, staff meetings, and we allocated staff members to monitor the playground throughout the week to ensure that it was being used properly. We also held consultation sessions with pupils to



find out what was working or not working. For example we found that football was clashing with choir. This was leading to pupils dropping out of choir and so we rearranged the clubs so that pupils could attend both.

- Increasing the number of pupils active for 60 minutes or more each day:- Our key successes to increase daily participation in physical activity was twofold. As mentioned above, we increased the number of clubs available at lunchtime and after school. In addition, we made sure that all pupils had the opportunity to participate in these activities by setting up a rota. This increased both the range of activities available and the number of pupils able to take part. Furthermore, during breakfast club our PE specialist runs activities between 7:50-8:45am e.g. football, handball and cricket.
- Pupils enjoy participating in physical activity: - To promote participation in physical activity to pupils, it is important that pupils enjoy taking part. We targeted those children that don't usually choose to participate and we held consultation sessions with them to find out more about their interests. We used these to help inform the planning of lunchtime and after school physical activity clubs. We also funded places for these targeted pupils in after school clubs to remove any barriers that might be in place to prevent them from attending.
- Our top tip for other schools would be to zone the playground, so that there are a variety of activities on offer. It is also important to set up a rota so that different groups of children can experience all the activities throughout the week.

ii) Include details of what did not work and why

- Initially, we experienced some clashes with the other clubs held at the school, for example at one point the football club clashed with the choir. However, as attendance at the clubs was being monitored we were made aware of these issues and so were able to rearrange where necessary.
- We slightly changed the question at the endline survey to reflect the planned outcome of enjoyment from the '*additional physical activity*' so the baseline and endline data can not be directly compared. In future we would keep the survey questions the same at baseline and endline to make it possible to directly compare results.

iii) Unintended outcomes/ wider impact:

- Reduced number of Behaviour Incidents - Since the zoning of the playground we now have, on average, one behaviour incident a week (January 2015). Before the zoning was put into place we had, on average, five behaviour incidents a week (October 2014).
- In addition to increasing the number and range of physical activity clubs, we reviewed our PE curriculum to make sure that we were offering a broad curriculum and were making the most of the expertise of our PE specialist. For example we decided to include more games and athletics throughout the curriculum.
- Profile of PE and physical activity in the school
 - We employed a full time PE specialist as a member of our team so that we have the opportunity to up-skill teachers in PE. In the previous 6 years outside organisations had delivered PE lessons in the curriculum and



the after school clubs, whereas now teaching staff will deliver PE and clubs with the support and expertise of our PE specialist.

- School prioritises participation in physical activity. For example, in the Year 4 residential trip to an Outdoor Adventure Park, there are some parents/carers that don't authorise that their children stay overnight. In these cases we arrange for transport so that pupils can take part in the activities at the Outdoor Adventure Park during the day times.

D: How activity is being sustained

Demonstrate how you intend to share and sustain these activities so they continue beyond the life of this project.

Following the success of many of the actions the School Leadership Team have put in place, we are committed to both sustaining these activities as well as developing additional initiatives. This includes:

- Keeping the zoned playground in place and it will continue to be a permanent fixture at the school. We will also continue to consult with pupils on a regular basis (termly) to ensure that the activities available during lunchtime in the playground reflects their interests.
- The timetable and staff rota remains in place for after school clubs. This is reviewed on a termly basis.
- We have reviewed and updated our physical activity policy to reflect the zoning of the playground and the increase in number and range of after school clubs.
- Our newly employed PE specialist is supporting us to up-skill our staff team in teaching PE.
- Our PE specialist runs activities during breakfast club for pupils attending and this will continue.
- Pupils now wear their PE kit for the whole day - this allows pupils to have more time being active in PE lessons because they don't have to get changed
- School staff have also been given a PE kit, this helps to promote the school ethos towards physical activity and good role modelling by having appropriate clothing
- For each after school club that we hold we have developed links with a local club. We use a rota for our after school clubs so that all pupils have a chance to try the club. So, for those pupils that really enjoy the club and want to continue we signpost them to the local club. We also invite the local club staff members to the last two sessions of the after school club so that the pupils and parents / carers have a chance to get to know the local club staff to ease transition into the local club.
- We have also funded places for these targeted pupils in after school clubs to remove any financial barriers that



might be in place to prevent them from attending.

- To try to encourage more pupils to participate in lunchtime clubs, and more to participate in after school clubs we will specifically consult with those pupils that are not attending to try and find out what clubs or activities would interest them. We will target these pupils to take part in our Change4Life clubs and breakfast clubs.
- To try to encourage more pupils to meet the physical activity guidelines of participating in 60 minutes of physical activity each day we will (in addition to the actions above) continue to rota the afterschool clubs. We will maintain current links with outside agencies and develop new ones so that each pupil can experience as many different activities as possible and develop their skills in a variety of different areas. We hope that our links with outside agencies will be a sustainable way of encouraging children to take part in physical activity on a regular basis contributing to the guideline aim.
- To try to encourage more pupils (that don't currently report enjoying physical activity) to increase their enjoyment of participating we will again target and consult with these pupils to try and identify any barriers and main reasons for not enjoying the activities and then work to address these barriers throughout the year.