



NEWBOTTLE AND CHARLTON'S 60 ACTIVE MINUTES POLICY PLEDGE

CURRICULUM: To provide a broad and varied physical education program as part of the core curriculum, delivered by high quality providers and teachers.

WOW DAYS: To promote a range of interesting and varied activities through 3 'WOW' days a year. These include skateboarding day, skip to be fit day, rewind day

ACTIVE LEARNING BREAKS: To promote regular physical activity and provide regular 10 minute breaks from classroom learning. Include Skip to be Fit, run for fun, the Daily Mile initiative Swim to Win, fitness equipment

ACTIVE LEARNING: To regularly take learning out of the classroom to the outside, adding in movement and activity. This includes Active Maths, Orienteering, Physical learning challenges

LUNCHTIME AND BREAKTIME CLUBS: To engage sports leaders and staff to deliver a range of activities and intra-school competitions during break and lunch for all children including boccia, kurling, fitness equipment, team games

AFTER SCHOOL CLUBS: Offer a diverse range of free, paying and targeted group activity clubs throughout the year delivered by high quality providers. Morning and after school activities offered. Activities include gym, ballet, football, team sports.

SUPPORTING TEACHERS: The government provides funding resources such as the PE Premium as well as training for teachers to help them deliver effective PE lessons and promote physical literacy in school.

SUPPORTING FAMILIES: Modern family life can be hectic. Our daily routines are so chaotic that making time each day to be active can seem really difficult. But physical activity is incredibly good for us, and especially good for children. Luckily, being active and exercising can also be loads of fun and there are many fantastic ways that we can keep ourselves, and our children, entertained whilst also keeping healthy: family walks and bike rides, swimming lessons and sports clubs.

Though taking part in sport and other organised activities is great, not all physical activity needs to be so pre-planned. Why not try some doorstep mini-adventuring? This could be on the journey back from school or playing in the garden or local park after school or at the weekends. Whether it's climbing a tree, splashing in a stream or building a den; doorstep mini-adventures are fun, free, quick and easy.

