



# Active 10 & Drop it and Move

## What was the need?

Last year, the 'Active Mile' was introduced, to ensure all children at Robin Hood were taking part in regular physical activity.

However, the children began to run less and they soon became bored of the concept (survey revealed children's thoughts); this was resulting in **less** physical activity.

Completed heat mats through school showed many cold areas during school time, unless it was break time, lunch time or after school.



## What did we do?

As a result, of the pupil survey we introduced the 'Active 10' to engage all children in regular physical activity and to meet the CMO's recommended guided of 30 active minutes per day at school.

Heat mapping spurred us to make lessons more active and ideas were provided around this, we also introduced a through school idea: **'Drop it and Move!'** to promote regular physical activity for all children in our school.

## How did we do it?

The **'Active 10'** is a daily activity which years 1 to 6 complete every afternoon for 10 minutes in their phases.

In each corner of the playground, there is a station – 4 stations in total for the children to complete.

The children work at each station for 2 and a half minutes, where an activity card shows them the activity, tips on to be successful, muscle groups used and a progression, should the children be finding it too easy.

After 2 and a half minutes, the children rotate clockwise to the next station; they complete all 4 stations in 10 minutes.

In order to keep the children engaged and challenged, the activities vary daily. Some examples of the activities: speed bounce, skipping, burpees, boxing arms, spotty dog, etc.

During lessons, if **'Drop it and Move'** is called, all children stop what they are doing, stand behind their chair and get ready for a 2-minute burst of activity.

A lollipop stick is chosen at random which shows an activity which can be completed behind their chair or by moving around the classroom sensibly and calmly.

Activities include an array of options: 'Race your partner', 'Freestyle dance', 'Rock, Paper, Scissors', 'Spotty Dog' etc.

## What did it cost?

Set up of activities and rotation by school staff, zero cost aside from the printing and laminating of activity cards.

## What impact has it had?

- Behaviour in the classroom has improved due to 10 minute brain breaks.
- Providing children with intense physical activity every day will have long term health benefits
- Children are becoming familiar with muscle groups used.
- Whole-school involved in physical activity every lesson (30:30)
- Improving fitness levels, along with stamina, of all children at Robin Hood
- Promoting the importance of physical activity
- Improved behaviour in lessons due to 'brain breaks'
- Enjoyment!! Feedback from children was been really positive.



## What feedback have we had?

**Pupil's quotes:**

"We get to practise lots of different activities and skills." Year 6 pupil

***"I enjoy having a brain break because I can concentrate more in class after!" Year 5 pupil***

"I wait for Drop it and Move to be called because I love it!" Year 6 Pupil

***"My favourite is Rock, Paper, Scissors; we get to move around the classroom."***

**Teacher's quote:**

***"It allows my pupils to be active and have a break. They concentrate much more."***

## Next steps

These Daily Physical Activity initiatives will continue to run alongside other school physical activity initiatives such as our 'Home Learning PE bags'

