

CASE STUDY - INCREASING ACTIVITY AT PLAYTIMES

NAME OF SCHOOL	ST JOSEPH'S CATHOLIC PRIMARY SCHOOL, EXMOUTH
HEALTH THEME	MAINTAINING A HEALTHY WEIGHT THROUGH THE PROMOTION OF HEALTHY EATING & PHYSICAL ACTIVITY



SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Baseline collected from children's surveys, lunchtime observations and discussions with the children
- Intervention built upon recommendations from comprehensive analysis and training by independent Play Adviser
- Huff & Puff activities
- Wide range of play equipment purchased
- MTAs given training on how to encourage and support active play
- MTAs award 'Golden Plate' to class with most tokens for demonstrating good social and emotional behaviour at lunchtimes
- Year 5 children trained as Play Leaders
- Play Leaders supported by 2 MTAs [given extra time to set up/tidy away play equipment]
- MTAs monitor those children not participating and inform teachers as well as encouraging them to join in

EVIDENCE OF IMPACT

- The number of children involved in active play increased from 120 to 180/210
- New PE teacher commented on children's good co-ordination skills and ability to use equipment correctly
- 'Golden Plate' Award huge success – winning class announced in Friday's Celebration Assembly.

REFLECTIONS FROM THE SCHOOL

Lunchtime play can only be described as active! All classes, including the youngest children, are aware of the tokens for the Golden Plate and how to achieve them. The announcement of the winning class is preceded by a drum roll and followed by the sound of a clashing symbol – all very exciting!

Other successful Interventions

- **Healthy Eating – Healthier Lunchboxes** – from 7/42 to 24/42 containing no more than 1 item of processed food
- **Healthy Eating – Increased uptake of fruit & vegetables – Fruity Fridays**

For further information regarding this intervention, please contact -

CONTACT NAME

JACKIE CLARKE – PSHE CO-ORDINATOR AND HEALTHY SCHOOLS PLUS LEAD

CONTACT DETAILS

Telephone : 01395 264875

Email : admin@st-josephs-exmouth.devon.sch.uk