



La Houquette Active School Framework

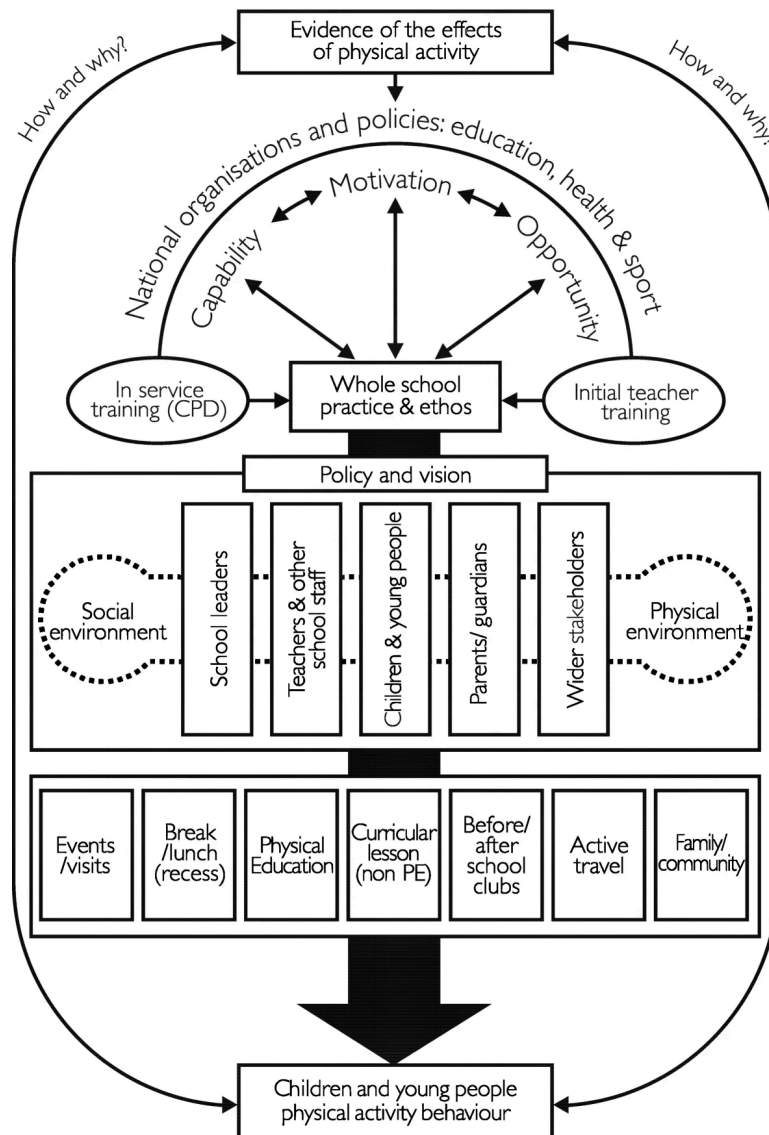
Happy Learning Partnership

ESI1: Embedding whole-setting cultures and practices which promote inclusivity, challenge inequity, support health and well-being for all and remove barriers to personal ambition

ESI3: Ensuring that the protective measures in place to safeguard and keep learners safe are of the highest standard in all settings

MNOC2: Making the most responsible, efficient and effective use of public resources to provide learning environments that promote excellence and facilitate individual creativity and community prosperity

#CreatingActiveSchools





1. Events and Visits

Children have the opportunity to take part in all events offered in Guernsey through the Sports Commission and Island Sports Clubs. We take part in a wide variety of island wide events including: gymnastics competitions, tag rugby, cricket, hockey, netball, football and athletics.

We also have school based annual events such as house swimming sports (for all children in school), tug of war, house rounders, as well as both Infants and Junior Sports Day.

We have an annual school cross country event which uses the school grounds, as well as an annual triathlon for Y2-6. We also take the whole of our Y6 children to the schools 'Zedra' cross country for all children to take part (as part of either a competitive team event or inclusive event). Some Y5 children are also involved in the competitive races.

Regular beach visits for every year group – active travel to the beach with sea swimming for every year group. (Autumn term 1 - Y5 and Summer term - most other year groups) with a whole school beach day at the end of the academic year.

Regular 'local area walks' for year groups to explore the local environment. (see year group planning). Year 1 take part in a local area walk and Y5 walk around the reservoir. Y3 visit local Dolmens and Y4 visit Lihou island. Y6 visit Herm. Y2 walk down and explore rockpools on local beaches.

[La Houquette trips and visitors list](#)

2. Break and Lunch times

Each year, ALL year 5 pupils are trained as 'Playground Activity Leaders'. They are working with the Sports Commission to devise, apply and create playground games, which they will then lead to the infants during lunch times to encourage more activity during lunch breaks.

There is regular access to balls, skipping ropes, quoits to encourage more physical activity over the lunch time period.

Pupil led clubs have been set up) and these run every lunch time both indoors and outdoors supervised by teaching staff where children lead activities for other pupils in activities of their choice.

Children have 1 morning break time of 15 mins. EYFS have access to outside in continuous provision throughout the day.

Clubs are offered throughout the year to children who do not get enough physical activity. An audit has taken place to identify these children and each year group is targeted so that all children have the opportunity to take part in clubs.

We have agencies coming in to visit and offer other clubs during lunch times over the course of the year. This includes: cricket, boxing, girls football, petanque) as well as staff led clubs: running club, weak swimmers, tag rugby, cricket, netball, football (+ weak swimmers to boost those who may not attend swimming lessons outside of school).



The PTA are looking to spend money on developing a trim trail around our school grounds, which will be another opportunity for children to 'be active' during the school day.

PTA have built large sandpit in EYFS area for all infant children to work on gross motor skills over lunch times. PTA have also ordered more playground equipment for the infant playground to be used at lunch times.

3. Physical Education

All year groups have 2 designated Physical Education sessions per week (except Reception). These can take place inside OR outside and will include swimming as one of these sessions during the summer term. We offer sea swimming as an extra opportunity. Reception have Physical Development opportunities planned into the weekly timetable to work on gross motor and core skills, as well as Physical Development interventions which target identified children throughout the school (SS led during curriculum time).

We follow the 'GetSet4PE' scheme of work for PE, where we ensure there is a clear progression of skills and assessment systems in place to know where the next steps are for each child in every area of PE. We ensure that every year group has one dance and one gymnastics unit taught per year, as well as having our Sports Commission staff offering support and assistance, as well as delivering some specialist PE lessons and clubs. (Sports Commission delivering Y5 and Y6 specialist lessons, SS also leading some lessons).

4. Curricular lesson – (non PE based)

Our Sports Commission staff member (2 days per week) also works with children who might need extra physical development/physical activity (gross motor groups/well-being groups/team work) as extras for those children identified by staff members.

We have a designated 'outdoor classroom' during the summer term where the children are encouraged to be outside. (both the nature reserve, story chair and outdoor classroom in the infant playground).

We have extensive grounds, rocks, climbing frames, field and playgrounds, all of which are used in curriculum time, as well as during break and lunch times.

Year 5 take part in Bikeability training each year as part of their curriculum

Year 5 regularly go geo-caching as part of their curriculum.

Reception and Year One have Continuous Provision time throughout all/part of the school day. Reception have bikes, tummy boards and scooters available for the children, as well as opportunities for movement, travel, transportation and muscle development using the large scale building equipment.

Kagan has been introduced to classrooms to encourage children to be out of seats, more social, team building, more actively involved in lessons. Go Noodle/brain breaks used in EYFS for 5 min activity bursts in classrooms.



5. Before/After School Clubs.

Clubs currently offered after school (from staff) are:

- Before School Club-children are offered a variety of board games and physical activities in the hall and outside (which is used as much as possible)
- Netball
- Football
- Tag Rugby
- Parkour
- Street Dance
- Boxing
- Athletics
- Golf
- Badminton

Link to current list

<https://docs.google.com/document/d/1dZX5TI7-xC6OT9oNdrbsm5zLQRNtpveYuUGy05IBbIY/edit?usp=sharing>

6. Active Travel

The school has had an incredibly positive uptake for active travel. This was initially set up during Walk to School week and then every Friday for the Summer term. This is run by staff with support from families. Staff have found that school is busy on End of term dates, so active travel has been organised to ease congestion and traffic at the end of each term. Children are encouraged to ride their bikes to school and there are 2 bike stations for those riding.

We now have a Living Street which enables children to safely cycle and walk along a local road to school. This is closed to traffic before and after school. This has seen an increase in children cycling and walking and a walking bus makes use of this street every Friday.

The bottom gate at the field is open in the morning and end of the day to allow another access point for active travel to and from school, making use of our Living Street.

The PTA have plans for an adult bike park to encourage parents to ride, not drive to school.

We regularly take part in beach visits and activities in our local area, where, wherever possible, we walk the children to and from events.

7. Family/Community

We are lucky at La Houquette that we have a strong sense of community. We encourage family members to take part in our active travel and come and watch any matches/games/events in school and other venues. PTA assists in offering money for developing our physical activity in school (playground markings/trim trail) and we rely heavily on family support in our active travel (walk to school Fridays) as well as for ratios when walking to and from local activities, as well as curriculum support for swimming.

Parents have been volunteers for clubs within school (lace, tag rugby).

MORE PEOPLE MORE ACTIVE MORE OFTEN