



Student Engagement at Uplands Junior School (60 Active Minutes)

The Chief Medical Officers' guidance on daily physical activity levels sets out that children should do at least 60 minutes of physical activity a day. Schools should ensure all pupils have access to 30 minutes of physical activity every day, which are currently delivered through PE lessons and lunchtime sports clubs as well as innovative activities such as The Daily Mile, and building in activity to classroom lessons, with 30 minutes also delivered outside the school day.

Playground (lunchtimes)

The playground is sectioned during lunchtimes with different activities and free play space. A rota is also in place to rotate leaders and activities.

- Huff'n'Puff equipment and leaders daily
- Juke Box twice a week
- Netball Hoops and balls x2
- Trim trails x2 (new one designed by the children)
- Skipping leaders for both Upper and Lower school x3 a week
- Soccer 2000 coaches leading a variety of activities which change termly.

Extra-Curricular provision

- X2 breakfast clubs delivered by Premier Education (currently dodgeball and gymnastics)
- X2 Cool Kids breakfast sessions delivered by Soccer 2000
- Lunchtime yoga every Monday for Year 6
- Lunchtime boy's and girl's football team sessions
- Lunchtime cross country sessions
- A full range of afterschool clubs every afternoon delivered by Soccer 2000, teaching staff and an external netball coach

School committees

- Health Champions work as leaders delivering key health messages from our city across school - linked with our Being Brilliant Committee. They work in partnership with our school nurse and the LA.
- Rights Respecting ambassadors who led and continue to lead our outright campaign on mental health.

Curriculum Time

Throughout our curriculum we aim to provide a range of PE lessons, active sessions and an array of visits.

- Now Press Play in all areas of the curriculum (newly introduced)
- Marathon Kids (to be introduced Summer 2022)
- Extra parachute sessions where possible
- Provide 2 hours of P.E/Active lessons per week
- During lessons, pupils given the opportunity to lead warm-ups and cool downs
- Soccer 2000 deliver 1 session of outdoor education for each class every 3 weeks (introduced Sept 2021)
- Intra competitions between house groups and classes
- Year 4 swimming lessons + top-up swimming for Year 6s
- Year 6 residential to The Pioneer Centre (Cleobury)
- Wolf Mountain day trip for those children who opt not to attend the residential.
- Wolf mountain day trip at the end of Year 4 for transition into new classes
- Year 5 visit to Carding Mill Valley (walking with river study)
- Sports afternoons at local secondary school for each year group