

## Active Learning! -Times to Move!

At The Leys, our teachers know that the key to successful learning is engaging pupils and maintaining their interest. We are constantly finding new and innovative ways to teach traditional subjects that can be challenging. Since Covid 19, we have been campaigning to keep our pupils even more healthy by increasing their physical activity both indoors and outdoors through the school day.

We call this Time to Move!

See below a range of activities we offer our pupils.

### Orienteering

We have chosen to include Orienteering at our school as it is a great way to get pupils active and in the outdoors, benefiting both their physical and mental wellbeing. In addition to the physical challenge, our pupils develop map reading skills, such as directional language and interpreting symbols and keys. Orienteering involves a significant element of problem solving and also helps pupils to develop communication and teamwork skills.

Add photographs here:



### Daily Mile

The Daily Mile is a fully-inclusive, free and simple initiative which improves the physical and mental health of pupils. It's a social activity where the children run or jog, at their own pace, for 15 minutes every day and it improves focus in the classroom.

### Active Maths

Active Teach is a multi-award winning resource that provides schools and teachers with lesson plans and resources designed to deliver the Maths and English curriculum through physically active learning.

Add photographs here:

**Healthy Living Week :**

Each summer term we run this theme week to increase pupil's understanding of the importance of keeping healthy but most importantly how to keep healthy in a fun way!

Add photographs here:







Walk to School Week :

Walking your child to school: **helps contribute to their daily amount of exercise.** allows you to spend more social time with them. can help build good walking habits in them from a young age, so they choose to walk more when they can.

# Walk to School Week Certificate

Congratulations to.....  
for.....

**Well Done!**

Date..... Signed.....



**Questions**

How do you usually travel to school? How would you most like to travel to school?

Start at 1/1 of 100 Preferred method of travel used by the class. Tick the Method/Method if you do not have 10 Preferred responses. Please include Wheelchair under Walk

Usual: Walk <input type="text"/>	Preferred: Walk <input type="text"/>
Usual: Cycle <input type="text"/>	Preferred: Cycle <input type="text"/>
Usual: Scooter/Skating <input type="text"/>	Preferred: Scooter/Skating <input type="text"/>
Usual: Public Bus <input type="text"/>	Preferred: Public Bus <input type="text"/>
Usual: School Bus <input type="text"/>	Preferred: School Bus <input type="text"/>
Usual: Park & Stride/Walk <input type="text"/>	Preferred: Park & Stride/Walk <input type="text"/>
Usual: Train/Tram/Metro <input type="text"/>	Preferred: Train/Tram/Metro <input type="text"/>
Usual: Car Share <input type="text"/>	Preferred: Car Share <input type="text"/>
Usual: Car <input type="text"/>	Preferred: Car <input type="text"/>
Usual: Motorcycle / Scooter <input type="text"/>	Preferred: Motorcycle / Scooter <input type="text"/>
	Unknown <input type="text"/>