**Everyday Active Schools Film Transcript**

- Active lessons make me feel happy

because we get to go outside and have fun

and refocus our brains.

- I think my school is special

because we have active learning as an option

and some schools don't,

so we are very lucky.

- The Everyday Active Schools programme

support schools in embedding a whole school approach

to school improvement through physical activity.

Research has shown

that a physically active school environment

can lead to improvements in attendance, behaviour,

and attainment levels.

The free programme begins

with an initial workshop for all staff

where we discuss the importance of physical activity,

view what the school is already doing

to keep students active,

and identify seven key areas

where further opportunities can be developed.

Following on from the workshop,

schools have worked towards their own bespoke action plan,

all whilst receiving ongoing support, resources,

progress meetings, and additional opportunities.

- By joining the programme, we wanted to improve

the physical mental wellbeing of all the pupils

as well as creating an active school environment

which aligned with our school development plan.

- Sometimes work can be overwhelming

and make me feel stressed.

In order to alleviate stress,

active learning is a key component.

- Since joining the programme,

we've prioritised active learning in all year groups.

We've managed to embed daily skipping in all year groups,

which has had a great impact

on the mental health and wellbeing of everyone involved.

We've installed a cross-curricular orienteering course

which has really enhanced our outdoor provision

and introduced a Healthy Selfie scheme

which celebrates the lives of everyone outside of school.

- Our goal was to improve

the academic achievements of all pupils and the engagement.

And by incorporating the active learning

within the English and maths for example,

we were able to make sure that we were achieving

the Active 60-minutes a day,

as well as improving the children's happiness.

- It helps me because when you do active stuff in maths,

it makes it really fun 'cause we were doing orienteering,

and we got to run around,

and it was like PE,

and we had to work as a team to figure out maths questions.

- It helps me and my class learn to be more focused,

and working as a team

is one of my favourite, like, things to do outside.

- Next, we aim to improve our outdoor space

and SEND-friendly areas, including our forest school area.

We'll continue to build on the success of our young leaders,

we'll strengthen links of our community

by promoting active travel,

and introducing a club where parents and children can join

along with staff members

to really build on that community spirit.

- Why I think active lessons are better

because you learn more,

and you remember more stuff when you're running around.

- The programme's had a positive impact

on our engagement and attainment within the classroom.

It's also helped to improve the general school culture

to be more positive,

and has improved the health and wellbeing

of pupils and staff,

and has just made it a happier place to be.

- My advice to other schools would be give it a go.

You'll likely find

you're already doing more than you realise.

It's low pressure and doesn't add to your workload,

and it's really great to see the children fully engaging

and improving on their mental health and wellbeing.

- If you just sit down all day and do nothing,

you might get bored,

but if you do some active things

then you might have much fun

and then you might learn more things about the world.