

A-life School Report

DATE OF REPORT:

15th January 2016

CONTENTS OF THIS REPORT:

SECTION A: A-life VISIT DETAILS

SECTION B: ONLINE 7-DAY HEALTHY CHALLENGE RESULTS

SECTION C: RECOMMENDATIONS

SECTION A: A-life VISIT DETAILS

SCHOOL NAME:

Practise School

DATE OF A-life VISIT:

5th January 2016

SESSIONS CARRIED OUT:

	Nur	Rec	Yr1	Yr2	Yr3	Yr4	Yr5	Yr6	Staff	Parents
Healthy Workshops										
Fitness Sessions										
Alcohol & Drugs Awareness										
Staff PE Training										
Parents Sessions										

*(green = yes | red = no | grey = n/a)

Schools taking part in A-life activities cover elements from the following curriculum objectives for healthy living:

SCIENCE at Key Stage 1 & 2: **Animals Including Humans**

Identify parts of the body including muscles and skeleton

Describe the importance of exercise, diet and hygiene for humans

Identify different teeth and describe their simple functions

Recognise the impact of diet, exercise, drugs and lifestyle on the way their body functions

Know the impact of nutrients and water in humans (KS2)

PSHE at Key Stage 1 & 2:

Make choices about how to develop a healthy lifestyle

Know what keeps them healthy and can identify factors that affect health and wellbeing

Explain ways of keeping clean

Name parts of the body

Describe ways of keeping safe (KS1) including the affects and risks of commonly available drugs and substances (KS2)

PE at Key Stages 1 & 2

Know the importance of fitness and health and recognise the impact on their body

Develop flexibility, strength, technique, control and balance

With cross-curricular links to:

English – speaking and listening; reading for information. History – people and changes in the past. Geography – places, sustainable development. Design & Technology – food safety and hygiene. Maths – problem solving, counting.

(Visit www.a-life.co.uk for a comprehensive curriculum coverage overview).

SECTION B: ONLINE 7-DAY HEALTHY CHALLENGE RESULTS

This school also took part in the A-life Online 7-Day Healthy Challenge, with the following results:

		KS1	KS2
Overview	No. of pupils taking part in the challenge to date:	79	105
	No. of pupils that have completed the challenge to date:	59	97
Health score	No. of pupils achieving health score good / excellent:	28	39
	No. of pupils achieving health score average:	20	40
	No. of pupils achieving health score could improve:	11	20
Brain score	No. of pupils achieving brain score good / excellent:	42	55
	No. of pupils achieving brain score average:	17	42
	No. of pupils achieving brain score could improve:	0	1

SECTION C: RECOMMENDATIONS

1) SESSIONS

To ensure that your school gets the maximum benefit from the A-life programme, we would recommend the following sessions: **Alcohol & Drug Awareness for Year 5 & 6, Staff PE Training, Parent Sessions.** Please see attached for more information on these sessions.

2) ONLINE 7-DAY HEALTHY CHALLENGE

Your pupil participation level this term was **OK, but could be better.** We know from feedback that children really love the healthy challenge, so to increase participation next time, we recommend:

- Carrying out the challenge as part of an ICT lesson
- Sending a letter home to parents to explain and encourage their children in it
- Discussing the challenge & pupils' healthy habits in class
- Running the challenge again to inspire pupils to beat their last score! (You can run the challenge as many times as you like in one term. Please contact us if you would like to run the challenge for a subsequent term.)

3) FREQUENCY

We recommend you to carry out our sessions on a **yearly basis** to ensure maximum impact. Our programme is designed to add layers of learning throughout your pupils' school life so that the lessons really sink in and are built upon. As we have 4 levels of workshop activities & 2 levels of fitness sessions, (all of which are continuously added to & updated), a yearly programme ensures that no year groups are missed off and that each pupil is taken through the major lessons they need to learn for healthy living from Reception to Year 6.

We trust that this report has been useful and look forward to visiting your school again in the near future.

The A-life Team