



# Exeter School Sport Partnership

The Exeter School Sport Partnership 'Physical Activity Challenge' is open to all Partnership schools. We want to recognise and celebrate those students who are active and working towards 5 hours a week of physical activity and sport

To take part:

1. Enter the name of each pupil in your class on the class chart .
2. Once a week, record either Enrichment, Bronze, Silver or Gold depending on the activity levels of each pupil in your class per week (see below).



3. The challenge will run for 10 weeks . At the end of the 10 weeks ask your play leaders to calculate the number of Enrichment, Bronze, Silver and Gold's for each class. Return a copy of your class's completed poster to your PLT (ensure the total number of pupils in your class is recorded on the poster).
4. PLT's collect all class posters and pass them on to your SSSCo who will analyse the results and announce the most active SCHOOL in your FAMILY. The winning school will receive £25 Davies sports vouchers.

## ENRICHMENT AWARD

2 hours of curriculum PE plus 1 hour of Daily Physical Activity per week.  
(This may include any combination of T10, wake and shake or active playtimes which takes place outside curriculum PE time equating to 1 hour)

## BRONZE

2 hours of curriculum PE plus 1.5 hours of Daily Physical Activity PLUS attendance at one extra curricular physical activity or sporting club (per week).

## SILVER

2 hours of curriculum PE plus 2.5 hours of Daily Physical Activity PLUS attendance at one extra curricular physical activity or sporting club (per week).

## GOLD

2—2.5 hours of curriculum PE plus 2.5 hours of Daily Physical Activity PLUS attendance at a two extra curricular clubs OR attendance at one extra curricular club and a community physical activity or sporting club in the evening or weekend (per week).



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## Optional Reward Scheme

These are optional rewards that your school may choose to utilise or adapt to suit your schools needs.

### SOME SUGGESTIONS

#### The Active Shield (The Golden Trainer Award)

Once a week the most active class will receive an active shield. This could be attached to an additional incentive such as 10 minutes extra active play. Alternatively if you have an old trainer, paint it gold and mount it on a piece of wood)

#### The Active Child Award—per week

At the end of the week 5 children in a school may be presented with the Active Award.

#### The Active Child Award—per 10 weeks

At the end of the 10 weeks 5 children in a class may be presented with the Active Award.

#### The most active school per family

The most active school per family will be presented with £25 Davies sports vouchers. The school could then purchase the equipment and present it in assembly to the whole school.

*We will provide a master certificate for the above awards should you require them.*

**Enrichment Award** 2 hours of curriculum PE PLUS 1 hour of Daily Physical Activity per week

**Bronze** 2 hours of curriculum PE PLUS 1.5 hours of Daily Physical Activity PLUS attendance at one extra curricular physical activity or sporting club (per week)

**Silver** 2 hours of curriculum PE plus 2.5 hours of Daily Physical Activity PLUS attendance at one extra curricular physical activity or sporting club (per week)

**Gold** 2 - 2.5 hours of curriculum PE plus 2.5 hours of Daily Physical Activity PLUS attendance at two extra curricular clubs OR attendance at one extra curricular club plus one community physical activity (per week)

#### Points system

Enrichment Award = 1 point

A Bronze Award = 2 points

A Silver Award = 3 points

A Gold Award = 5 points



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## Frequently asked questions?

- Q. Who can enter?**  
**A. All Key Stage 2 classes.**
- Q. What does the 2 hours of curriculum time mean?**  
**A. This refers to your PE lessons.**
- Q. What can be included in the 1 plus hour of daily physical activity?**  
**A. This can include T10, Shake and Wake, active playtimes, which takes place at any time during the day apart from during a PE lesson times.**
- Q. Which type of physical activity clubs can be included?**  
**A. These include all clubs such as high fives, tag rugby, multi skills and gym clubs.**
- Q. A child in my class is physical activity by surfing for 1 hour at the weekend but it is not part of a structured club. Can this be included?**  
**A. Yes. This type of physical activity can be included. We are aiming for approx 1 hour of 'community' type activities. Teachers can use their discretion where required.**
- Q. We are from a small school, how do we compete against the large schools?**  
**A. We calculate the total points as a percentage of the number of pupils in key stage 2.**
- Q. Does the enrichment, bronze, silver and gold award have the same weighting?**  
**A. No. 5 points will be awarded for every gold, 3 points for every silver, 2 point for every bronze and 1 point for the enrichment award.**
- Q. Do all the classes in key stage 2 need to participate in the challenge?**  
**A. No. However the school with the largest percentage will win the competition.**
- Q. I am concerned that completing this form may take time.**  
**A. We have tried to make this form as straight forward and easy to use. If you feel you could improve the chart please let us know.**
- Q. Can I use a homework diary to involved parents?**  
**A. This would be fantastic and would allow parents to verify attendance at after school and community clubs.**
- Q. Can I continue with this challenge in September?**  
**A. We are using this terms challenge as a pilot We will re-start the challenge in September and would appreciate any feedback at the end of the 10 weeks to improve the use of the challenge.**
- Q. I have a number of children who walk to school. Can this activity be included?**  
**A. Yes. This can be included in the calculation of DPA per week.**

Please return any feedback to your SSSCo or to Catherine Holt at  
St Luke's Science and Sport College, [cholt@st-lukes.devon.sch.uk](mailto:cholt@st-lukes.devon.sch.uk)