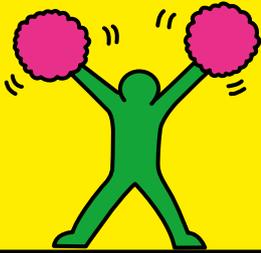


# How Melbury Primary got pupils moving more

change  
4 life



## About Melbury Primary

Melbury Primary School in Bilborough, Nottingham, is a community primary school serving more than 250 pupils. In its 2015 Ofsted inspection, the school received a 'Good' rating, indicating a school "effective in delivering outcomes that provide well for all its pupils' needs". The amount of pupils supported by the pupil premium is approximately double the national average.

## Getting active

Melbury Primary aims to have a positive impact on its pupils and the wider community. By boosting physical activity at school, Melbury aims for all pupils to leave in Year 6 with an enjoyment of physical activity and improved mental wellbeing.

### Moving more in the classroom

Change4Life physical activity resources are key in ensuring that pupils at Melbury Primary get closer to achieving the recommended level of daily physical activity (at least 60 minutes per day, ideally with at least 30 minutes throughout the school day).<sup>1</sup>

Class teachers Helen Stephens and Amy Wilson have used the Change4Life 10 Minute Shake Up activities throughout their time at the school. For example, Amy uses the Disney themed follow-along videos at regular intervals throughout the day to refresh pupils' attention or as the starting point of a specific lesson.

The Disney content is particularly popular with pupils who engage with the story element of the 10 Minute Shake Up activities. This also reduces self-consciousness, a potential barrier to participation.

"A 10 Minute Shake Up is really useful if you spot that the pupils' attention has waned – for example after a long assembly – when you need to get them up and moving quickly."

Helen Stephen, Class Teacher, Melbury Primary School Nottingham

"Being able to pick up and use a resource like Change4Life is huge for us. The Disney theme is really powerful, particularly for the younger age groups, as it feeds and unlocks their imagination. The narrative anchors their attention in the activity."

Amy Wilson, Class Teacher, Melbury Primary School Nottingham

### Increasing physical activity outside of the classroom

The school has implemented additional initiatives beyond the classroom, such as the 'Melbury Mile', in which pupils are urged to jog or run at least one mile on a regular basis.

Regular outdoor learning is also encouraged, with 'Forest School' lessons proving popular among pupils, and a large outdoor space is available for the pupils to explore.

### Helping pupils to continue their journey at home

Melbury School teachers have received the Change4Life take-home materials via the School Fruit and Veg Scheme and always make sure to distribute these to help send the message home.

"We get Change4Life resources delivered and we always make sure to distribute the take-home materials. The children recognise the characters and the branding, which helps us to run class discussions about physical activity and nutrition. We will dip in and out of the resources to support what we're already doing, and sending materials home is an important part of that."

Amy Wilson, Class Teacher, Melbury Primary School Nottingham



<sup>1</sup>What works in schools and colleges to increase physical activity (2019)