

CASE STUDY

School: Balfour Primary School

Contact: [Laura Gibbons](#)

Website: <http://www.balfourprimary.co.uk/web>

Focus: The Daily Mile and Sustainability

Pre-PESS Premium

- Limited curriculum time and resources.
- Lack of staff confidence and engagement.
- Only provision for traditional sports.

Premium Impact

- Improved profile of PE and sport across the school.
- Incorporated Maths and English cross-curricular learning with PE/physical activity.
- School Games Mark.
- Youth Sport Trust Membership – Silver Quality Mark.



First Actions

- Completed review using YST review tool, teacher surveys and pupil questionnaires.
- Produced an action plan using the review results.
- Recognised dance and gymnastics as areas of weakness.

Highlights

- Improved profile of PE and healthy, active lifestyles.
- A large variety of sports and activities are now offered including alternative activities such as ultimate frisbee.
- Pupils now enter secondary school happy and active with ex-pupils returning stating how much they love PE and sport.

Healthy Lifestyles

- Healthy Schools Week in the kitchen.
- Healthy food talks in PSHE.
- After working with the LA and carrying out an action research project the Daily Mile was implemented in the summer term.
- The Daily Mile has proved useful in building teacher-pupil relationships and is attended as and when the teacher decides.
- The course was carefully planned and incorporates the outdoor gym so includes monkey bars etc. and is enjoyed by teachers and pupils alike.
- More Daily Mile information below.

CPD & Sustainability

- Laura, the PE Coordinator, has attended additional training and transferred this knowledge to staff through staff meetings, INSET and team teaching.
- Outside agencies have been avoided to ensure sustainability and to maximise teacher opportunities and experience.



Partnership Work

- School Games Organiser.
- Sussex Cricket Foundation.
- Sports Week in association with Brighton & Hove council. Pupils get to experience a variety of new sports/activities.

Club Links

- Preston Park Lawn Tennis Club.
- Hollingbury Golf Club.
- South Coast Elite Basketball .
- An active club link with Whitehawk FC who opened their new gym equipment.



What's next?

- Improve healthy eating teaching.
- Focus on developing KS1 across all PE areas.
- Improve PE assessment system through work with the cluster.
- NQT PE training.
- Develop opportunities to improve pupil mental health.



Focus on the Daily Mile

- The Daily Mile began in June 2016 at Balfour.
- It is currently carried out by the whole school (reception to year 6) **every day**.

How did it begin?

- It was introduced to staff during a staff meeting where all the staff did the mile.
- It was introduced to pupils as part of a Local Authority Take Part Festival and during Balfour's Sport Week.
- After a two-week pilot it was decided to continue with the programme indefinitely.

Where does it take place?

- The course differs according to the pupils and the teacher.
- KS1 pupils normally use the running track.
- KS2 pupils use the playground in winter and the field in summer.
- One mile is 12 laps of the playground or 2 laps of the playing field.
- Everyone takes part for 10 minutes – some pupils have completed 16 laps in this time.

Were there any initial concerns?

- Some teachers were concerned about fitting the Daily Mile into their already packed timetable.
- All staff have embraced it however and have found a way of fitting it in as they can see the benefit it has on their pupils.
- Now pupils and staff alike don't even stop for bad weather – if it rains everyone just puts their coats on.



What impact has the Daily Mile had?

- Improved behaviour.
- Increased focus, especially during the 'afternoon slump'.
- Improved teacher-student relationships as it gives a chance to chat away from the classroom environment.
- Improved fitness levels of pupils with a lot now taking part in the local junior Park Run on Saturdays.

Pupil feedback

- "We love how it breaks up lessons and I feel re-energised after doing it".
- "After I have done the Daily Mile, I feel I can focus better on my work".

Parent feedback

- "My children really like the Daily Mile and we now, as a family, enjoy exercising together".
- "We have made great steps forward in developing a healthy lifestyle as a family".

Top Tips

- Start with a staff meeting to introduce it to teachers.
- Get the teachers to do it and experience it.
- Don't worry – just give it a go!

More info

<https://thedailymile.co.uk/>

Active Sussex

University of Brighton Sports Centre

Falmer, East Sussex BN1 9PH

t 01273 644103

info@activesussex.org

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