CASE STUDY
School: Balfour Primary School
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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.

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.

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.

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.

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.

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.

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.
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.

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”.

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”.

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/