



Thursday 25th March 2021

Dear parents,

I am writing to you as promised to provide more detail on active learning and what it will bring to the Aspire schools. The elements that we are going to be introducing/have introduced are as follows:

- Active maths and English
- Daily mile
- Active interventions
- Use of the Aspire sports coaches
- Forest schools
- Scrap pod play

I will use this letter to explain some more about each of the schemes/teaching methods.

Active Maths and English.

Teach Active is the active learning partner of the Youth Sport Trust.

The highly acclaimed and multi-award-winning online resource is used by schools across the UK and internationally, raising attainment in Maths and English whilst also increasing levels of physical activity within the school day.

Tailored to the national curriculum, the Teach Active lesson plans are perfect for all stages of primary school learning, from foundation stage to KS1 and KS2.

This is not the only tool we use to teach, it is a resource which we will use alongside white rose maths and our English planning. There may not be physical activity in every maths and English lesson but teachers will use it when introducing a new concept for example or when children need further practice.

Active maths and English can also be used by a teaching assistant or teacher when working with a small group of children to provide additional support or challenge.

Daily Mile.

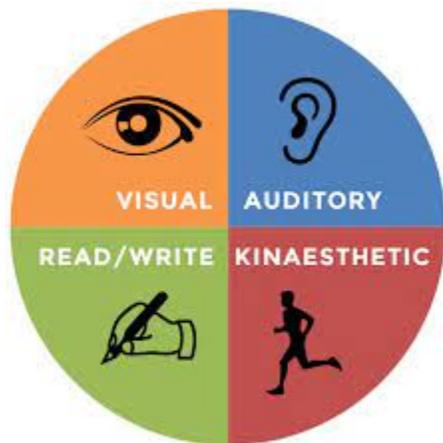
The NHS and the government both advise that children have at least 60 minutes of physical activity during the day, as the outside part of lunchtime and break time only add up to 45 minutes, we need a way to ensure that this target is achieved. The children only have PE lessons once/twice a week so the daily mile is one way to achieve this.

The daily mile is what it sounds like - the whole school, children and staff follow a route around the school either running or walking for 15 minutes or 1 mile. The children can all complete what they can at their own pace within this time. The daily mile should be completed regularly and the children can challenge themselves as a group to virtually travel to other countries via their mile.

Active Interventions

Interventions are used where children have gaps in their learning, perhaps because of lockdown or maybe they just aren't ready to absorb the next part yet. As the children will have already been taught the concept in the classroom and for whatever reason they didn't grasp it, we need to do something a little different.

There are four main learning styles



Those children who learn by looking at something are visual learners.

Those who learn by hearing someone explain something are auditory

Those who need to read and write about something are read/write learners.

All three of those learning styles happen in the classroom, so if a child hasn't grasped a concept it may be because they are someone who learns through physical activity - a kinaesthetic learner.

Therefore some of our interventions are taught via active learning, either using active maths or English or an activity designed by our sports leader.

Aspire sports coaches

At present we employ one sports coach - Miss Tosland, who has been mainly working at Leeds and Broomfield but will be working across Aspire now she has completed her training. We also work with Mrs Cavannah who is an independent PE teacher. They both have different roles.

Miss Tosland is employed to work with children to use physical activity to help the children learn, she can also work with our children who have additional needs and need interventions such as sensory circuits or clever fingers.

Mrs Cavannagh is contracted by Aspire to help ensure that our PE teaching is of high quality, she has been working with each school on a rotation. She also leads active lunchtimes and after school clubs.

We are aiming to appoint a second coach of our own in the summer term.

Forest Schools

Forest School (FS) is a long-term process of regular sessions, rather than a one-off or infrequent visit; the cycle of planning, observation, adaptation and review links each session. The FS sessions often take place in a woodland or natural environment to support the development of the relationship between the learner and the natural world.

FS uses a range of learner-centred processes to create a community for being, development and learning. Where FS aims to promote the holistic development of all those involved, fostering resilient, confident, independent and creative learners. FS offers learners the opportunity to take supported risks appropriate to the environment and to themselves.

FS is run by qualified Forest School practitioners who continuously maintain and develop their professional practice.

Main Benefits of Forest School

- *Improves learners' self-esteem, confidence and resilience.*
- *Improves physical health, mental and emotional wellbeing.*
- *Develops problem solving skills and enthusiasm for learning.*
- *Develops knowledge and respect for nature and the environment.*
- *Builds learning capacity, encouraging creative and independent thinking.*

This is in the planning stages for Aspire at the moment, but we are hopeful that some sessions will take place for each school within Klingswood woods in the summer terms.

Scrap pod play

This is something we are planning to develop in the autumn term, using next year's funding from the government for developing physical activity.

The Scrapstore PlayPod is a purpose built play facility full of scrap or loose parts from local businesses. The scrap materials, or 'loose parts', can include anything from cardboard tubes, tyres, lengths of material, netting, rope, and much, much more. At playtimes, staff open the doors and the children are free to go into the Scrapstore PlayPod and take out anything they like to play with. The

flexible nature and variety of scrap available means that the Scrapstore PlayPod creates an environment which will stimulate, facilitate and enhance children's play experiences. Children are hugely imaginative and so the scrap is transformed into all kinds of different things to become part of their play.

What are the benefits?

Improved negotiation and communication skills

Children settling quicker into class

Children being enabled to take more risks through their play which inspires them to learn grow, develop and manage risk for themselves

Less incidents and accidents

Inclusion

Proven engagement opportunities for school refusers

Increased concentration

Clear and positive correlation between play and cognitive performance

Lunchtime staff empowered to facilitate a playful environment

Learning through Play

The Scrapstore PlayPod can enhance the physical and human environment within schools, creating stimulating and interactive spaces where children can learn through play.

I hope this provides you with some more information on active learning and what we are trying to develop within Aspire. If you have any queries please contact your child's school via the office or I can be contacted during working hours at exechead@aspire-kent.org.uk

Kind regards,

Emma Hickling

Executive headteacher

Aspire Federation

