



## Rationale for shared teacher guidance in PE – 1K a day

This is a guide to how we facilitate 1K a day at CAW. In this document, you will find the concepts behind how and why we facilitate 1K a day at City Academy Whitehawk.

## The Leadership of Swimming at CAW

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## The Teaching of 1K a day

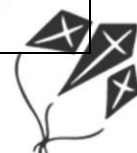
A key indicator in The Impact of the PE and Sport Premium document is that all children should engage in at least 30 minutes of regular physical activity a day. Children have opportunities to be active in our 'Active Playtimes', as well as in extra-curricular activities. To best meet the needs of our children and support this, we have timetabled in a 15-minute slot each day for each year group to engage in 10 active minutes with their year groups.

1K a day is underpinned by the belief that children need to be fit for life and fit for learning. We believe that this physical activity promotes social, emotional and mental health and wellbeing, as well as fitness. We believe that by our children doing '1K a day' they are: fitter, happier and less sedentary with the hope that our children seek a more active lifestyle. As well as encouraging children to be more active, we also believe that '1K a day' provides a necessary break in the afternoon that best prepares children to be ready for learning. Additionally, we believe that 1K a day will encourage curiosity and interest in outdoor environments in keeping with wider outdoor learning opportunities for our children.

At our school children take responsibility and ownership for their own 1K a day, which means going at their own pace and deciding on whether to and when to, run, jog or skip to raise their heart rate. To best support and encourage our children, at least one adult acts as a role model by running, jogging or skipping during this time. At the same time, other adults will stand by the track and actively encourage children to keep moving.

In the event of bad weather, all year groups keep their allocated time slot and instead do an active break in their classrooms. Some ideas of resources they use are: Super Movers, Go Noodle and Cosmic Yoga.

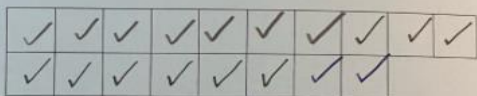
To help our children remember how many laps they have done, a box of cubes is available in the playground so that after each lap children can collect a cube. At the end of the 10-minute time slot, children count their cubes and see if they have beaten their personal best score from the day before. Each term, a 7 challenge booklet is introduced to the children, for example, Challenge 1, "Can you run to the Royal Pavilion?" We believe that this strong link to Geography and the local area will help children in knowing how far away something is to get to by running and make them aware of landmarks in the world around them. As a school, we also think that our children try best when they are working towards a target. Each child has a 1K a day tracker in which they tick each time they complete a '1K a day' to say they have run the distance they set (e.g. 6 cubes). Each day children will use a different colour to the day before to show their progress towards beating their personal best score. When children have achieved their challenge, they will get the award badge signed by an adult and move on to their next challenge until the booklet is completed. This whole-school approach also means that adults can encourage children of all different year groups in meeting the same goals and ask what challenges they are currently on. At the end of the booklet, children can get a certificate from Miss Briggs or Mr Chick who will check through their booklet.





## Challenge 1 – 1.8km

"Can you run to the Marina?"



Challenge completed?



### **SEND Support**

In line with our teaching and learning policy our most effective way to support children with SEND, during 1K a day, all needs are thought about and reasonable adjustments are made. A reasonable adjustments made for example is not running around the track, but instead back and forth in a line to avoid turning in a wheelchair. To avoid children feeling overwhelmed, we also stagger the children's starting time on the track.

