



Brampton CE Primary School

As keeping active has been acknowledged as such a vital part of a child's education, mental and physical health by the education secretary, our association of Brampton CE, Bramfield CE and Ringsfield CE Primary Schools have worked closely with North Suffolk Sport and Health Partnership to promote keeping active in our schools.

To increase engagement and love towards physical activity we have:

Entered all Virtual challenges

We have been competing against other schools in our area. All children from our schools (Years 1-6) have taken part in: tag rugby challenges, virtual cross county, matball, uni-hockey and athletics. We have seen increased participation in sport and the children have been very proud of their successes. Ringsfield were the overall winners of Tag Rugby with Bramfield coming second! Also we have children from all three schools that have achieved bronze and silver in a recent Athletics Tournament.



Introduced Intra-school challenges

Our sports leaders have been planning and delivering competitions during break and lunch times. The purpose has been to increase activity and to encourage positive interactions between peers. The sports leaders been excellent at delivering inclusive and high intensity activities. Furthermore, we have observed a more active culture at play times. In all bubbles children are playing more physical games with their peers.



Woodland walks

Our schools have been completing their daily mile by walking through local countryside. The excitement for these walks has been a boost for the children's and adults wellbeing. Not only have the children been exercising they have also been learning about: types of trees, figurative language (to describe scenery), deer prints and types of bird. Whilst in the countryside, we also gave children time to reflect and discuss social issues.