


**Active Travel  
To and From School**



Lily regularly walks, bikes, or scoots to school with her friends.

**Active Breakfast**



During breakfast club Lily makes use of the schools' facilities and is active with friends.

**Active Learning**



Lily's teacher encourages experiential learning, which makes science fun.

**Active Break**



Lily makes use of a range of equipment, today Lily and her friends have chosen football.


**Active Learning**



Lily enjoys learning outside the classroom. As a **'forest school'** learning is a lot more fun.


**Physical Activity Throughout  
The School Day – Lily's Experience**

**After School Activity**



Lily and her friends are empowered to choose from a range of competitive and non-competitive activities. Everyone is welcome.

**Active Learning**




During PE, Lily enjoys a range of activities in a range of environments throughout the school year.

**Active Break**



During afternoon breaks Lily and her friends can choose between the 'Daily Mile' or other pulse raising activities.

**Active Learning**



Lily can choose to stand at her desk and makes use of the active learning environment.

**Active Lunch Time**



During lunch time, Lily plays a range of games and is encouraged by the lunch time supervisor.