



MANOR WOOD PRIMARY SCHOOL

PHYSICAL LITERACY FOR ALL: Building a Culture of Movement



**Leeds Well
School Partnership**
Physical Activity • Physical Education • Sport



**TERM IN WHICH YOUR IMPACT
TOOK PLACE**
All year



WHO WE WORK WITH
All pupils
EYFS – Year 6



AREA
Daily Mile, Steps to Success,
Healthy Selfie & Star of
the Session Award



SUBMISSION TYPE
Primary school



PLATINUM STATEMENT
Demonstrate how your school
nurtures a culture of physical
literacy and how this positively
impacts your young people

CONTEXT

Manor Wood is an Outstanding, two-form entry primary school situated between Meanwood and Moortown. We bridge unique communities and see many children with sporting talent and potential.

Through pupil voice, we discovered that some children lacked confidence in PE, felt worried about competition or felt that physical activity wasn't for them.

Our ambition is clear: to ensure every child leaves Manor Wood physically competent, confident and motivated to remain active for life.

“Listening to our pupils was the first step in creating change.”

– Manor Wood Sports Ambassadors



OUR INTENT

- ✓ Develop lifelong positive attitudes towards movement.
- ✓ Increase confidence and enjoyment in physical activity.
- ✓ Ensure every child experiences success.
- ✓ Improve wellbeing and readiness to learn.
- ✓ Create opportunities for movement throughout the school day.
- ✓ Empower pupils through leadership opportunities.
- ✓ Engage families in healthy lifestyles.

CREATING A CULTURE OF MOVEMENT

EMPOWERING PUPIL LEADERSHIP

Our brilliant Play Leaders run inclusive lunchtime clubs, giving children the chance to be active in a fun and supportive environment.

- Dance Clubs
- Hockey Clubs
- Cricket Clubs
- Ping Pong Clubs



HEALTHY SELFIE

Children share photos of themselves being active, cooking healthy meals or making healthy choices at home and in the community.

This celebrates a holistic view of well-being and strengthens links between school and home.



PE STAR OF THE SESSION

Each PE lesson, we celebrate one child who has shown determination, effort, teamwork or resilience.

The winner takes the trophy home for the week – celebrating effort, improvement and encouragement of others.



DAILY MILE REIMAGINED

The Daily Mile is now something children ask for! We redesigned it to make it fun, inclusive and motivating.



MUSIC

Music creates energy and makes the Daily Mile exciting.



SKIPPING OPTIONS

Children can choose to skip for variety and enjoyment.



FITBIT CHALLENGE

Children track their steps with Fitbits and contribute to our Steps to Success initiative.



STEPS TO SUCCESS

Weekly winners are celebrated for their amazing efforts and steps achieved.



TEAM SPIRIT

We use Daily Mile resources to build togetherness instead of competition.



IMPACT



INCREASED PARTICIPATION

Every class takes part in the Daily Mile three times a week. Children ask to be active and love moving together.



IMPROVED PHYSICAL LITERACY

Children are more confident, more willing to try new activities and less afraid to make mistakes.



IMPROVED WELLBEING

Children return to class calmer, happier, more focused and ready to learn.



STAFF ENGAGEMENT

Teachers now regularly join in with the Daily Mile and active events, modelling a love of movement.



CELEBRATING MOVEMENT

Children wrote letters to the Daily Mile. Many were published in the Leeds Move Well book!

PUPIL VOICE

“The best part of the Mini Marathon was getting to run with my teacher.”

“I love the music because it makes me want to go faster!”

“I like that we can skip on the Daily Mile. It's so much more fun!”

“I feel proud when I get Star of the Session. It makes me try even harder!”



CHALLENGES & LEARNING



Building staff buy-in

Teachers initially supervised but didn't participate. Through communication, modelling and celebrating success, staff now actively join in.



Curriculum pressures

Busy timetables made it challenging. We reframed movement as something that supports concentration, behaviour, wellbeing and learning.



Supporting less confident children

Some children had negative experiences of PE. By reducing competition and celebrating effort, confidence has grown significantly.

“Everyone belongs in movement.”



SUSTAINABILITY

Physical literacy is embedded in our culture, not a standalone project.

- ✓ Whole-school commitment and leadership
- ✓ Annual Sports Ambassador and Play Leader programmes
- ✓ Weekly Daily Mile and Steps to Success
- ✓ Healthy Selfie and PE Star of the Session
- ✓ Strong partnerships with Leeds Well School Partnership and our School Games Organiser
- ✓ Systems embedded for future cohorts

Movement is part of everyday life at Manor Wood – today and for generations to come.



TOP TIPS FOR OTHER SCHOOLS

1

LISTEN FIRST

Listen to all pupils, especially those who are least active.

2

CELEBRATE EFFORT

Reward determination, resilience and kindness, not just sporting ability.

3

GIVE CHILDREN LEADERSHIP

Play Leaders and Sports Ambassadors inspire others and create ownership.

4

MAKE MOVEMENT FUN

Use music, choice and variety to create positive emotional experiences.

5

STAFF MATTER

When adults move alongside children, participation increases and relationships flourish.



“At Manor Wood, we believe every child can move, feel included and experience success. We are building confident, resilient and active young people for life.”

