

Active Recovery Curriculum Summary

Spear, centre for sport, physical education & activity research

Schools implemented Active Recovery Curriculums by:

Increasing time for physical activity during the school day

Adding activity into other subject lessons

Focusing on wellbeing and development priorities within PE lessons

Resulted in...

Improved

Offering more extracurricular activities and opportunities to try new activities

Finding opportunities to be active every day

Increases in time spent being active and outdoors at school Increases in physical activity since returning to school



Social

- Improved communication
- Restored friendships
- Peer support
- Fun



Academic

- Readiness for learning
- Concentration
- Improved focus in the classroom
- Academic catch up

Mental and Emotional

- Personal development (resilience, aspirations, selfbelief)
- Improved mental health
- Restore normality

Wellbeing

Physical

- Fitness
- Motivation to be active
- Stamina
- Understanding of overall health

Schools found diverse ways to enhance their physical activity offer

Mental health support prioritised by all schools











Wider outcomes

Increased activity outside of school for pupils, families and staff

Team cohesion within staff teams