

Questions to ask at your next governor meeting about sport, mental health, and wellbeing at your school

School Improvement Plan

- Where does sport, health and wellbeing feature in the School Improvement Plan, if at all?
- Is there a dedicated governor with responsibility for this area?

Physical Activity and Sport Clubs in School

- Are all staff aware of the recommended 60 minutes of physical activity per day for all pupils?
- Are all pupils accessing at least 60 minutes of physical activity every day?
- How much physical activity is happening in school every day? Do the school know how much physical activity their pupils have access to?
- What kind of physical activity do pupils have access to outside of a dedicated PE lesson? For example, many schools participate in an active mile.
- What kind of clubs do pupils have access to before or after school?
- Are any of them external clubs?
- How are they funded?
- Did the club approach the school or did the school approach the provider?
- How was the decision made to work with the club?
- What is the participation like?
- How do you know they are having a positive impact on the pupils who attend?
- How does the attendance of these pupils compare to pupils who do not attend clubs?
- Are there some key groups of pupils who need further support to improve their physical literacy?

Measuring health and wellbeing

- Are there any measures for health, including mental health, and wellbeing in place? If so, which member of staff coordinates this? What does this look like?
- Do schools use different opportunities to formally or informally gather information from pupils about how they are feeling? If so, how is this information used to improve pupil experiences?
- Does the school make any relationships between mental health and wellbeing and attendance and behaviour? If so, how is this acted upon to improve attendance and behaviour?

School Sport and Activity Action Plan and Sports Premium funding

- Are schools aware of the School Sport and Activity Action Plan?
- Who has responsibility for this in school?
- How are decisions about Sports Premium funding made?
- How is the school assessing the effectiveness of this spending?
- Is the reporting on this compliant with the requirements of this funding?
- How does the governing body receive updates on this funding? Does this provide enough information to hold school leaders to account?