



March 2025

## **Active Curriculum Day**

Dear Teacher,

We are holding an **Active Curriculum Day for Year 4 and 5 students**. The event aims to inspire children to embrace physical activity in the classroom, improving their physical and mental health whilst boosting engagement levels. It will also provide teachers with valuable CPD, resources and strategies to incorporate activity into their lessons.

We are proud to be using this event to raise funds for **Unique Kidz**, a local charity dedicated to supporting children and young people with disabilities.

**Unique Kidz** is a charity based in Morecambe that provides life-changing support for children and young adults with disabilities. They run after-school, holiday clubs and daytime support for young people aged 0-30 with all kinds of disabilities and additional needs. As a charity, their fundraising is used to enrich the young people's visits to their services. From paying for trips to local attractions to supplying new resources and equipment, they put the fun into fundraising!

### **Active Curriculum Day: Wednesday 7th May at The University of Cumbria Sports Complex;**

**Session 1: 9:00 – 11:30**

**Session 2: 12:00 – 14:30**

Schools can choose to attend **either** Session 1 or Session 2. We ask please for no more than 15 pupils per school at this time. **No spectators will be permitted at this event.**

There will be an entry fee per school of **£30**, 100% of which will be donated to **Unique Kidz**.

Entry fees are payable by cheque to 'University of Cumbria'.

Schools should bring their own first aid kits and ensure pupils are wearing appropriate clothing and trainers. Some of the sessions will be outside and it may well be raining!

**The deadline to enter is 25<sup>th</sup> April. Please book via [www.lhssn.co.uk](http://www.lhssn.co.uk)**

Minibuses can drop off at the sports centre entrance. Parking on campus for minibuses or coaches needs to be made in advance via [mark.christie@cumbria.ac.uk](mailto:mark.christie@cumbria.ac.uk). There is additional parking on Wyresdale Road and at Williamson Park.

Please see below for the event details.

### **Event Specific Details**

A carousel-style event featuring 8 different activity stations, spread across the UOC Sports Hall and Astro turf.

Stations will incorporate active learning linked to different curriculum subjects:

- Numeracy (2 stations) – One shape-based activity and one number-based activity.
- Literacy (2 stations) – One description word-based and one story-based activity.
- Geography Station – Interactive movement-based geography tasks.
- History Station – Engaging historical challenges through active play.
- Orienteering Station – Outdoor problem-solving and teamwork activities.
- Science Station – Focused on planets in the Solar System through active exploration.

## Boccia – Solar System Adventure

**Objective:** To develop coordination, teamwork, and aiming skills through a fun, space-themed game of Boccia where the balls represent planets in the solar system.

### Set-Up

- Boccia balls (each representing a different planet)
- A large circular "Sun" target in the centre (Jack)
- Chairs for each team to sit and throw from towards the target

### Activity

- Gather children and introduce them as astronauts on a space mission.
- Explain that each Boccia ball is a planet (e.g., red for Mars, blue for Earth, yellow for Jupiter). How many planets can they name?
- The mission is to get their planet as close to the Sun as possible!
- Split children into 4 small teams (each with a set of planet balls).
- Players take turns rolling or throwing their planets towards the Sun.

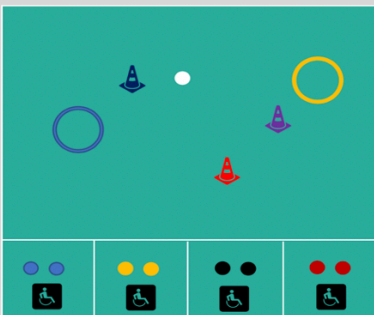
### Adaptations

- Introduce "Asteroids" (obstacles) they must navigate around.
- Can add hoops as "Space Stations" where a ball can score bonus points if it lands inside.
- "Meteor Storm!" – A leader (teacher) rolls a large soft ball to knock planets off course.
- "Black Hole!" – If a ball lands in a certain area (e.g., outside the play zone), it's lost in space!

### Reflection


- Discuss teamwork and aiming strategies.
- Ask, "Which planet got closest to the Sun?"
- Encourage children to share their favourite parts of the space mission.

**Space-Themed Markers**  
Cones = Asteroids  
Hoops = Space Stations




**Scoring System**

- At the end of the round, the team with the closest planet to the Sun scores.
- The winning team earns one point per planet that is closer to the Sun than any other team's closest planet.
- The team with the most points after all rounds wins the space mission!



**Scan Me!**



An example activity on our 'Active Curriculum Day'



Our 'Active Curriculum Day' is designed for Key Stage 2 (KS2) students (ages 7-11), a crucial period for developing physical literacy, cognitive function, and social skills. Research suggests that incorporating movement into learning enhances motivation, concentration, and memory retention, particularly in primary-aged children.

To engage KS2 students, our activities will be fun, competitive, and cooperative, incorporating team-based challenges, problem-solving tasks, and physically active learning. By providing varied, interactive tasks that allow for both independence and social collaboration, we aim to increase participation, enjoyment, and knowledge retention.

Each school entered will receive a CPD booklet for teachers full of active curriculum resources, providing valuable guidance to help integrate movement-based learning into everyday lessons.

**We hope to see you soon!**

Many Thanks

Josh Casson, Luke Sjurseth and Kian Orchard.

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