



# The Ultimate guide to Teach Active

Our guide contains everything you need to know about using Teach Active to help raise attitudes and attainment in Maths and English lessons through active learning.



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## What is Teach Active

'Teach Active' is a multi-award winning educational resource which provides primary school teachers with lesson plans and resources designed to deliver the Maths and English curriculum through physical activity.

Teach Active was founded on a passion for physically active learning, and is having a huge impact on children's attitudes and attainment in Reading, Writing and Maths, whilst also increasing levels of physical activity.



*Our mission is to educate, support and train teachers through active, creative and inspiring lesson plans that will engage, motivate and develop the next generation.*



**JON SMEDLEY**

Managing Director, Teach Active



## Join over 1,000 schools learning whilst moving with Teach Active

Join over 1,000 schools that are transforming the way students learn with Teach Active! Our award-winning approach integrates physical activity into lessons, helping children stay engaged, focused and excited about learning. By combining movement with learning, we make subjects like Maths and English more dynamic and enjoyable—boosting both academic performance and physical well-being.

Whether in the classroom or outdoors, Teach Active empowers teachers with easy-to-use resources that inspire active learning every day. Join the movement today and discover how active learning can make a real difference in your school!



*Teach Active helped us raise the engagement of students in Maths across the school. Active English has helped us achieve the ultimate goal. Lessons are engaging, active and diverse... students love them!*

**JOEL BEEDEN**

PE Coordinator, Duckmanton Primary School



## The benefits of Active Learning

By purchasing Teach Active for your local school(s) you will be providing the pupils with an array of benefits for their future learning.

- 🎯 **Higher Engagement & Positive Attitudes** - Active learning make lessons more enjoyable, fostering a love for Maths and English while reducing anxiety in both subjects.
- 🎯 **Improved Retention** - Encourages students to explore and apply concepts, leading to stronger comprehension and long-term retention of key skills.
- 🎯 **Improved Problem-Solving** - Encouraging reasoning, analysis, and creativity enhances students' ability to tackle complex problems in maths and interpret texts effectively in English.
- 🎯 **Increased Attainment & Better Overall Results** - Active learning improves student performance, leading to higher grades and better academic progress.

Loughborough University research shows...



In partnership with



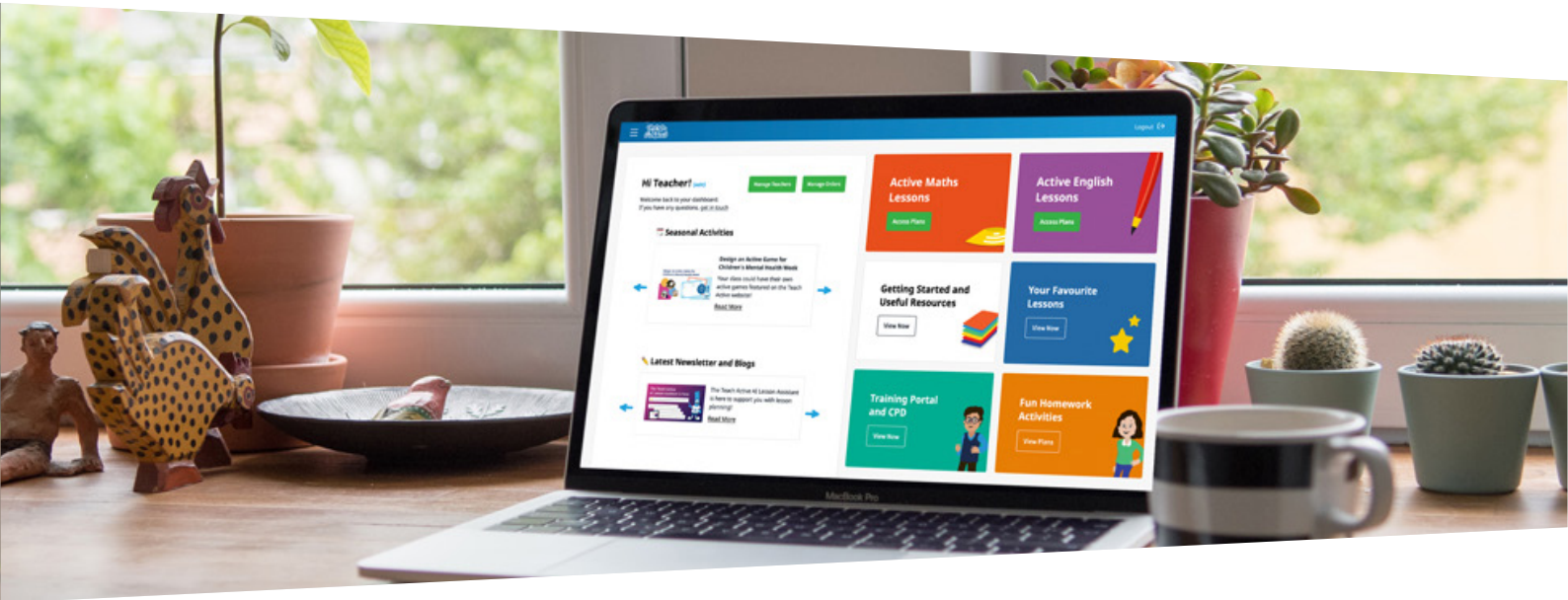


## Access over 3,500 Active Maths & English lesson plans

With Teach Active, you can access over 3,500 expertly designed Active Maths and English lesson plans that bring learning to life through movement. These engaging, ready-to-use resources are tailored to your curriculum and are perfect for engaging classrooms while reinforcing key learning objectives.

Whether you're looking to introduce new concepts, revisit challenging topics, or simply make lessons more interactive, Teach Active provides fun, inclusive activities that cater to all learning styles. Transform your teaching approach today and help your students stay active, focused, and motivated to learn!





## More than just active lesson plans

When you join Teach Active, you also gain exclusive access to the Teach Active dashboard—your all-in-one hub for planning and delivering active lessons with ease.

The Teach Active dashboard makes it simple to integrate active learning into your daily routine and comes equipped with features such as...

- Lesson filtering by year group and objectives
- Popular lesson plan recommendations
- Seasonal activities throughout the year
- Printable resources
- Training and CPD videos
- AI Lesson Assistant

Plus, you'll receive regular updates, expert support, and insights to help you maximise the impact of active learning in your school.



# Increasing engagement and motivation in Mathematics

Holy Family Catholic School

## Objectives

The initial aim of implementing Teach Active was to reengage a group of bright Year 5 and 6 girls who were underperforming in Maths. The idea was to adopt the positive messages applied through the physical elements to the Maths challenges in order to raise attainment and achievement.

## Impact on the school

The key to its success with the teachers in our school is that it allows them the time and freedom to teach in a creative and rewarding way without changing their fundamental style. Our school already delivers a lot of cross-curricular activities, and so this programme fits in so effectively with our existing delivery.

## Impact on the young people

The most striking and satisfying development since using the programme is the increase in self-esteem and confidence when approaching Maths lessons. Teach Active has helped to eradicate the ‘fear factor’ which has been replaced with an understanding that Maths can be fun and success is achievable.



*I love the fact children are proactively channelling their natural competitiveness into Maths challenges. They are often learning so many Maths concepts without realising they're doing Maths. It's fabulous to see so many smiling faces and an increase in achievement in the subject.*

**STEVE TINDALL**

Head Teacher, Holy Family

**Teach Active will engage & enthuse your children, support their mental health and improve outcomes. It represents the perfect use of PE & Sport funding and should be a key part of every school curriculum.**

Steve Tindall, Headteacher  
Holy Family Catholic Primary School



# Bringing Maths and English alive through active learning

Simonside Primary School

## Why Teach Active?

Teach Active provided a way of educating our children in a fun, meaningful way that also supported our children's 60 minutes daily exercise. It allowed teachers to provide the children with active, fun and engaging activities that supported our current curriculum planning.

## Whole school approach

Teach Active was introduced across the whole school with teachers being asked to trial the activities across Maths and English every few weeks. Initial feedback from staff was positive. Our pupils enjoyed the active element being used more within English and Maths lessons and it was clear that there was a good level of learning taking place, often without the children even realising.

## Impact for life long learning

Introducing Teach Active across the school has allowed us more opportunities to ensure that all pupils engage in 60 minutes activity a day, whilst supporting their mental health and curriculum learning to consolidate prior and new concepts. Looking to the future, Teach Active would also really support children identified for interventions, be that academically, socially or mentally, supporting them in their learning journey in a more relaxed, fun way.



*It has been very easy to incorporate Teach Active into our curriculum, providing an effective way to encourage and implement further physical activity across the school day. The sessions are easy to use and clearly explained with resources identified.*

**DONNA SCOTT**

Head Teacher, Simonside Primary School

Health is fundamental to children's development. Teach Active gives children an extra hour or two of physical activity and is a brilliant way to support teachers too. With the scale of the challenge, every bit helps and this is a win-win for learning and health.

Ben Levinson OBE, Headteacher  
Kensington Primary School



## Frequently Asked Questions

### **Is Teach Active a scheme of work?**

No. Teach Active is a bank of resources and plans matched and mapped to the primary curriculum. Schools use Teach Active to complement and enhance their current Maths and English planning.

### **Why should I consider Teach Active?**

Teach Active is loved by teachers and children. This approach will support attitudes and attainment within Maths, Reading and Writing – whilst also increasing levels of physical activity.

### **Who has written the Teach Active plans?**

We pride ourselves on working with national Maths and English consultants who understand school and curriculum needs and ensure plans are supporting high quality teaching and learning.

### **How do schools fund Teach Active?**

Teach Active is endorsed as a good use of the government's PE and Sport Funding. Many of our schools also use Pupil Premium Funding, as well as Maths/English budgets.

## PE & Sport Premium Funding

Funding Criteria	How Teach Active helps?	
<b>Boost Staff Confidence and Skills in Teaching PE and Sport</b>		<p>Not every teacher feels confident delivering PE. Teach Active helps bridge that gap by:</p> <ul style="list-style-type: none"> <li>• Offering easy-to-follow lesson plans that integrate physical activity into core subjects.</li> <li>• Providing CPD opportunities to upskill staff and build confidence in leading active sessions.</li> <li>• Encouraging a whole-school approach to movement, making physical activity part of everyday teaching—not just PE.</li> </ul>
<b>Increase Pupil Engagement in Physical Activity</b>		<p>Teach Active transforms traditional lessons into active experiences, helping pupils:</p> <ul style="list-style-type: none"> <li>• Move more throughout the day, not just during PE.</li> <li>• Engage with learning in a fun and dynamic way, especially those who may not enjoy competitive sports.</li> <li>• Develop a positive relationship with physical activity, which can lead to life-long healthy habits.</li> </ul>
<b>Raise the Profile of PE and Sport Across the School</b>		<p>By embedding movement into Maths and English, Teach Active:</p> <ul style="list-style-type: none"> <li>• Shows that physical activity is valued across the curriculum.</li> <li>• Supports whole-school improvement by linking physical activity with academic progress and wellbeing.</li> <li>• Helps schools demonstrate their commitment to health and active learning—something Ofsted increasingly looks for.</li> </ul>
<b>Broaden and Equalise Access to Physical Activities</b>		<p>Teach Active promotes inclusivity by:</p> <ul style="list-style-type: none"> <li>• Offering non-sport-specific activities that appeal to a wide range of pupils.</li> <li>• Ensuring equal access for boys and girls, and for pupils of all abilities.</li> <li>• Creating opportunities for every child to participate and succeed in physical activity.</li> </ul>
<b>Increase Participation in Competitive Sport</b>		<p>While Teach Active isn't focused on competitive sport, it plays a key supporting role by:</p> <ul style="list-style-type: none"> <li>• Building confidence and physical literacy, which encourages pupils to take part in sports.</li> <li>• Fostering teamwork, resilience, and fair play—skills that are essential in competitive environments.</li> <li>• Creating a positive culture around movement, which can lead to greater involvement in school teams and events.</li> </ul>



## Easy to introduce and proven to raise standards

Teach Active is used in schools across the UK and Internationally and is having a huge impact on enjoyment and attainment within Maths and English lessons, whilst also producing happier, healthier and more active children.

### Next Steps:

1. Visit the Teach Active website
2. Explore the whole site and try some activities with your class!
3. Contact the Teach Active team to discuss your subscription options



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