



SIGN UP LEARN MORE

WELCOME TO THE ACTIVE SCHOOL PLANNER

Click the sign up button and register your details and school information.

- User Profile
- Recent Heatmap
- Invite Others
- Groups
- School Users
- Help videos

Once you have signed on click the dashboard icon.

Activity Heatmap Tool

Activity Tracker

School Improvement

Signposting and guidance

Physical Activities Library

Active School Report

Upcoming Actions

ACTIVE SCHOOL PLANNER



Dashboard

[Dashboard](#) | [School Users](#) | [Groups](#) | [My Profile](#) | [Help videos](#) | [Logout](#)
Welcome **Rusthall St Paul's CE Primary School**

- User Profile
- Recent Heatmap
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- Groups
- School Users
- Help videos



A self-review tool to look at where and how the school is increasing physical activity and reducing sedentary behaviour in pupils.



Activity Heatmap Tool

Activity Tracker



School Improvement



Signposting and guidance



Physical Activities Library



Active School Report



Upcoming Actions

Click the activity heatmap tool to take yourself to the next page.

Select add Heatmap.

ACTIVE SCHOOL PLANNER



Activity Heatmap Tool

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Welcome **Rusthall St Paul's CE Primary School**

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Add Heatmap

- Select Heatmap -

[Contact Us](#)

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Name *

Groups
(Click [here](#) to manage your groups)

WHOLE SCHOOL

BOYS FREE SCHOOL MEAL / PUPIL PREMIUM GIRLS

MY CLASS RECEPTION SEND

YEAR 1 YEAR 2 YEAR 3

YEAR 4 YEAR 5 YEAR 6

Share uploaded files publicly with other schools

[Save](#)

Add the name of the school you are working with, and then you change the information below to aim the Heatmap at a target group within your school, and then save your Heatmap.

If you think you should change who your Heatmap is aimed at simply press Edit Heatmap to take you back to the previous page.

Welcome Rushtall St Paul's CE Primary School

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[Add Heatmap](#) Year:

Inactive
All, or almost all, of the time is spent sitting down

Little activity
Sitting down might be broken up with short bursts of activity. Pupils will spend some working time standing up and moving around the teaching space

Some activity
There will be some deliberate, planned movement and physical activity built into the session

High activity
There will be significant periods of physical activity that are planned and built into the session for all pupils

[Edit Heatmap](#) [Finish Heatmap](#) [Delete Heatmap](#)

ACTIVITY	TIMINGS	MON	TUE	WED	THU	FRI
Travel	00:00 - 00:00					
Before School	00:00 - 00:00					
Lesson	00:00 - 00:00					
Lesson	00:00 - 00:00					
Lesson	00:00 - 00:00					
Lesson	00:00 - 00:00					
Break	00:00 - 00:00					
Lesson	00:00 - 00:00					
Lesson	00:00 - 00:00					
Lesson	00:00 - 00:00					
Lesson	00:00 - 00:00					
Lunchtime	00:00 - 00:00					

Click on the activity points below to add information about daily activities that best represent your school day

Once you have selected your activity, fill in your day to day schedule and timetable.

Specify how active your days are with help from the descriptions above.

Inactive
All, or almost all, of the time is spent sitting down

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High activity
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Edit Heatmap Finish Heatmap Delete Heatmap

ACTIVITY	TIMINGS	MON	TUE	WED	THU	FRI
Travel	00:00 - 00:00					
Before School	00:00 - 00:00					
Lesson	00:00 - 00:00					

Activity *

Lesson

Start Time * 00:00 End Time * 00:00

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Inactive Inactive Inactive Inactive Inactive

(description) (description) (description) (description) (description)

Attach a file as evidence of your existing or planned work in this area

Add File Add File Add File Add File Add File

Attach a file as evidence Attach a file as evidence Attach a file as evidence Attach a file as evidence Attach a file as evidence

Apply to all days

Once you have finished editing your week.

Press 'finish Heatmap', This will then save your progress.

You can then access this via the Dashboard.

Welcome Kuzhall St Pauls C.E. Primary School

School improvement | Signposting and guidance | Physical Activity Library | Activity Heatmap Tool | Activity Tracker | Active School Report

Add Heatmap Year 4

Inactive
All, or almost all, of the time is spent sitting down

Little activity
Sitting down might be broken up with short bursts of activity. Pupils will spend some working time standing up and moving around the teaching space

Some activity
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High activity
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Edit Heatmap Finish Heatmap Delete Heatmap

ACTIVITY	TIMINGS	MON	TUE	WED	THU	FRI
Travel	08:45 - 09:00	Some activity	Some activity	Some activity	Some activity	Some activity
Before School	00:00 - 00:00					
Lesson	09:00 - 10:00	Inactive	Inactive	Inactive	Inactive	Inactive
Lesson	10:00 - 10:45	Little activity	Little activity	Little activity	High activity	Little activity
Break	10:45 - 11:00	High activity	High activity	High activity	High activity	High activity
Lesson	11:00 - 12:15	Inactive	Inactive	Inactive	Inactive	Inactive
Lunchtime	12:15 - 13:15	High activity	High activity	High activity	High activity	High activity
Lesson	13:15 - 14:15	Little activity	High activity	Little activity	Little activity	Little activity
Lesson	14:15 - 15:15	Inactive	Inactive	Inactive	Inactive	Inactive
After School	00:00 - 00:00					
Travel	00:00 - 00:00					

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