

# EXERCISE BEHAVIOUR

## THE WHOLE SCHOOL MODEL AT SURREY STREET PRIMARY SCHOOL

Exercise Behaviour isn't just for those who are in need of behavioural support. Granted, it has proven to be incredibly effective in increasing school attendance as well as positive behaviours in troubled children, but it is also a preventative measure. This is the very reason why the Whole School Model exists - to instill an all encompassing attitude of positivity that your pupils can bring to the classroom. Above all, every Exercise Behaviour model sets out to reduce exclusions in school, in order to help students achieve what they are most capable of.

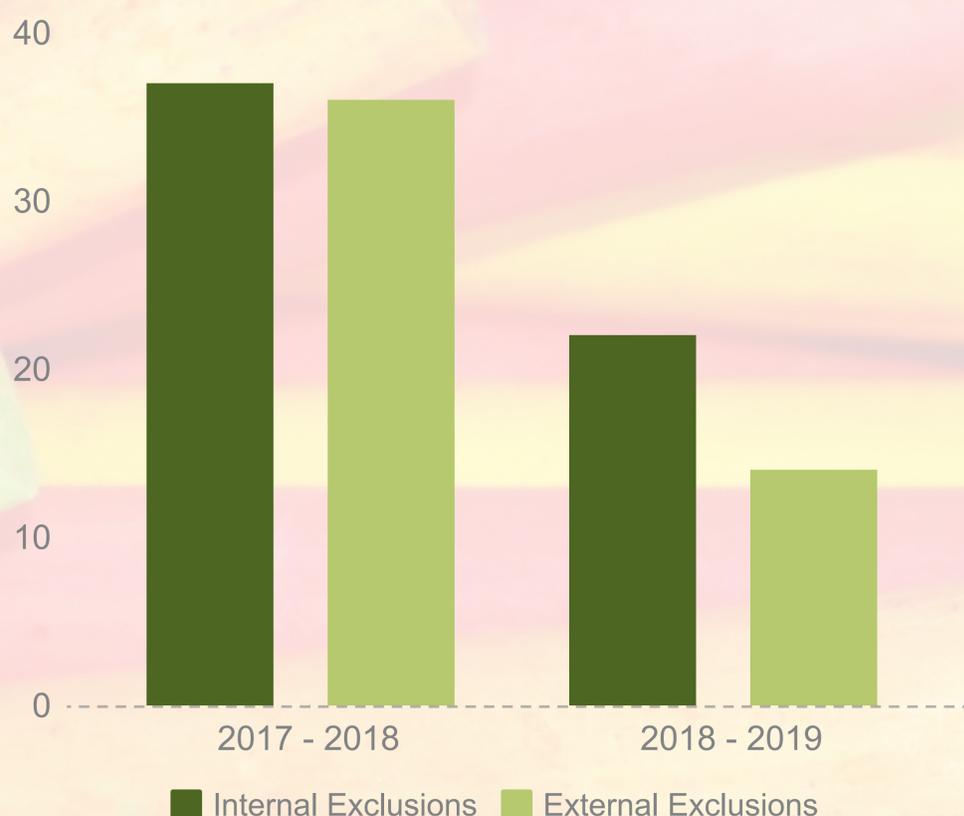
The Whole School Model is an approach that fits within the existing behavioural and achievement systems of your educational establishment. This is an early intervention/proactive approach to behavioural support that provides results on a whole school level, and the disciplines learnt in the Exercise Behaviour sessions are ones that can be seamlessly transferred to a classroom setting, but it doesn't just stop there. The guidance provided by the sessions can also resonate with students on a personal level, ultimately helping them stay positive in every aspect of their lives.

Exercise Behaviour can also be integrated into the culture of any school, and the model serves as a way of supporting large numbers of students in order to prevent persistent disruptive behaviour. It involves students creating Behaviour Scales in order for them to fully get to grips with the discipline. What helps them with this is the fact that the Behaviour Scale then gets implemented into various other areas of school life, such as PE and Games lessons. The model enables children to enjoy exercise by virtue of the variety of sports and activities that take place in the Behaviour Scale.

Exercise Behaviour is a movement that many schools are proud to be a part of, and the guidance the programme provides is timeless when it comes to spreading positivity amongst the adults of the future. A case in point is Surrey Street Primary School, who have adopted the Whole School Model for their second year running.

They decided to implement the Whole School Model in 2018, and since then they have seen a huge reduction in both internal and external exclusions. Over a two year period, they experienced a **14% decline in detentions**, a **41% decline in Internal exclusions**, and a staggering **61% decrease in external exclusions**.

### Whole School Model Impact Data 2017 -2018 -> 2018 - 2019 Surrey Street Primary School



If anything, these statistics show that the Whole School Model is effective in reaching out to the entire student body of a school, as the programme takes into account the behaviour of each individual student. This allows the trained members of staff who conduct the sessions to have a rich understanding of the type of behavioural support each student needs. Consequently, staff can plan sessions that focus on particular areas of behavioural support in order to cast a wide net over the student body of a school, thus relating to everyone on an individual level.

A most considerable factor to take into account is how the Exercise Behaviour Whole School Model strengthens relationships between students and members of staff. The programme positions members of staff as mentors, which helps pupils view them in a different light. This can serve as the foundation for building rapport with especially disruptive children, which can lead to a decrease in disruptive behaviour and instill new values of respect between students and teachers. The sessions also teach students the importance of being accountable and taking responsibility, as the Behaviour Scale helps them visualise the effects that their actions can have on the world around them.

