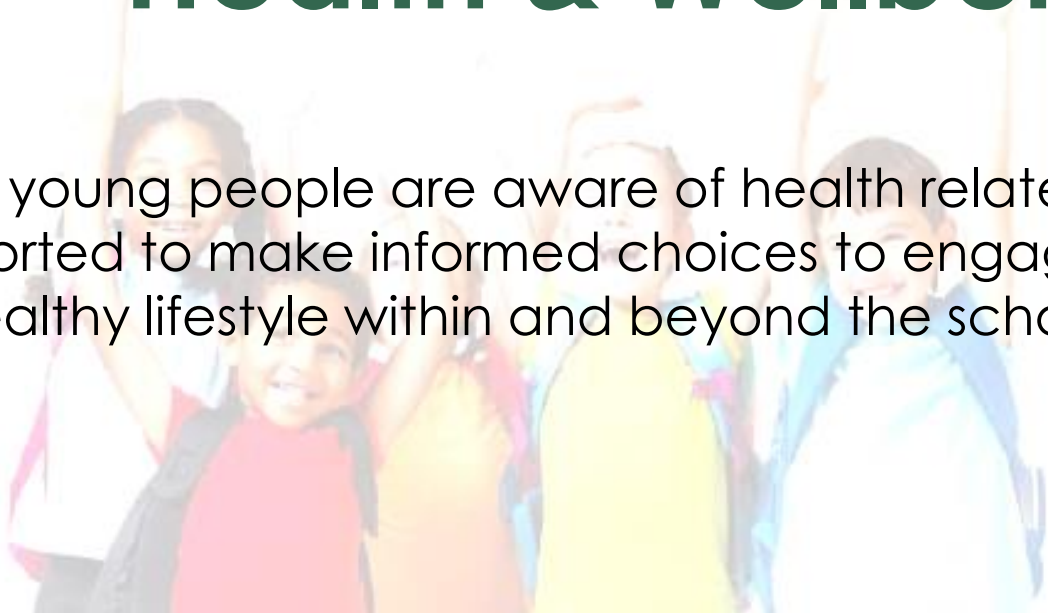




Ambition 2 - Physical Activity, Health & Wellbeing

Ensure that all young people are aware of health related issues and are supported to make informed choices to engage in an active and healthy lifestyle within and beyond the school day.



MAKING SPORT AND PHYSICAL
ACTIVITY A PART OF EVERYDAY LIFE

Characteristics of Excellence

- A nominated Governor with responsibility for an integrated whole school approach linking physical activity, diet and wellbeing
- School active travel plans including; walking bus, safe cycling etc.
- Structured playtimes with dedicated leadership/activation and opportunities to get active
- A physical environment that facilitates healthy lifestyle choices; bike shelters, water stations, playground markings, equipment, outdoor adventure etc.
- Active lessons e.g. Active Maths, Active Literacy etc.
- Focused time for achieving 30 mins moderate-vigorous daily physical activity e.g. Wake and Shake, Take ten etc.

Characteristics of Excellence

- A school food plan and/or guidelines on healthy eating/packed lunch including catering mark, growing and cooking food
- Staff are engaged in workplace health initiatives and are modelling positive behaviours
- Parents are actively engaged and involved
- Young people understand how their body works and the effects of diet/ activity on their growing bodies
- Engaged in Change 4 Life Club delivery or similar to engage inactive
- Opportunity for pupils to be active between each lesson 'brain break'

Camelford Community Primary School



MAKING SPORT AND PHYSICAL
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Task:

Identify the top 3 elements you'd most like to develop in your own school

Identify the top 3 challenges to achieving this

More Information...



Rachel Knott – Children, Young People & Education Lead

rachel.knott@cornwall.gov.uk

Tim Marrion – Partnership Manager (Children, Young People & Education)

tim.marrion@cornwall.gov.uk

Arran Langdon – Camelford Community Primary School (PE Coordinator)

alangdon@camelford.cornwall.sch.uk



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