

Promoting Health and Fitness at North

We have been classed as a *Healthy School* since 2002, upgraded to *Enhanced Status* from 2015. We promote healthy lifestyles of which physical activity is a very important aspect

Children's opportunities are enhanced through the good sporting links: we have with a number of organisations as well as our partnerships aiming to make the best use of community coaches, clubs and (where possible) their facilities.

Enjoyment through participation is our primary goal. Opportunities for competitive sport are widely available too. Match reports and other sports reports are a regular feature of the parents' newsletter, *Newslines*.

After School Clubs

A wide range of opportunities exist for children to attend after school clubs – many of these are sport and fitness related. Some are provided by teaching staff and are free of charge. Some are run by organisations or individual coaches – fees are paid to attend these clubs.

Lunchtimes

Lunchtime is an important part of the day, a time when children have a one-hour break – to eat their lunch and play. It is important that the children have every opportunity to use their free time positively. Year 5 playleaders help Year 1 children to enjoy active play. The junior playground is set out to enable children to engage in a wide variety of structured and unstructured activities.

Sports Ambassadors

Every class in KS2 has two sports ambassadors, elections are held at the beginning of every year. They have written their own job description –

Our Job Description

We aim to make breaktimes and lunchtimes more fun

We will:

- ✓ Improve equipment boxes item quality
- ✓ Re-stock the boxes
- ✓ Make sure children use equipment appropriately
- ✓ Make sure equipment is only used by the children in the right places

- ✓ Increase the number of children that play sport
- ✓ Introduce new sports to the school
- ✓ Make sure children play nicely and fairly
- ✓ Make sure everyone has a smile on their face when they play sport
- ✓ Help football to be played more often

- ✓ Help with school sporting events

Other Health Promoting Activities

Every Year all Year 4s have the opportunity to learn about food and nutrition through the *Farm to Fork* programme.

Infants enjoy daily free fruit and veg at break time.

Daily Community Fruit Basket for hungry KS2 children (sponsored by Tesco).

All children are encouraged to have a water bottle in class to aid hydration.

The P.E. Premium

From 2013 every school has been given a grant to promote health, fitness and competitive sport. This grant has made a contribution to the budget we allocate to health, fitness and competitive sport.

Our sport and health goals have always been to improve the quality of PE lessons, to make lunchtimes and playtimes more active times and to extend the school day to engage children in physical activity. The P.E. premium has enabled us to develop and extend all of this work.

P.E. Premium Grant

In 2024-2025 the grant is £19,591. [In 2023-2024 the grant was £19,547.]

The grant will contribute to the overall costs of the following:

PE Leadership
Essex Professional Coaching
Belong to Colchester Sports' Leagues
Competition entry fees
Run Yoga sessions for KS1
Maintain and purchase new equipment