

At HGPS, it is our aim to encourage being active as part of lifelong journey to promote a healthy body, mind and soul.

Physical activity promotes:

- ✓ Healthy growth and development.
- ✓ Better self-esteem.
- ✓ Stronger bones, muscles and joints.
- ✓ Better posture and balance.
- ✓ A stronger heart.
- ✓ A healthier weight range.
- ✓ Social interaction with friends.
- ✓ Learning new skills while having fun.
- ✓ Better focus and concentration during school
- ✓ Positive mental health and well-being
- ✓ Personal Development



### **ACTIVE GUARANTEE**

**We will guarantee that all our children will take part in at least 60 minutes of physical activity every day in school.**

- ✓ Through themed **Active Breaks**, children will be supported in developing individual fundamental skills.
- ✓ Through **Active Learning**, children will be involved in more physical activities associated with learning: music, history, geography.
- ✓ Through **Sensory Circuits**, children will be supported in developing basic core skills to aid focus and concentration.
- ✓ Through engagement in **Tree House Challenges**, children will be encouraged to take part in a range of active challenges, at home and at school.

