

ACTIVE CHARTER

MISSION STATEMENT

At HGPS, it is our aim to encourage being active as part of life long 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



And helps children and adults cope with the many stresses of life.

ACTIVE GUARANTEE

We will guarantee that all our children will take part in at least 30 minutes of physical activity every day in school.

ACTIVE LEARNING

- ✓ Maths of the Day
- ✓ I-moves
- ✓ Go Noodle
- ✓ Enrichment Activities including dance, music, outdoor and adventurous
- ✓ Active Assemblies

ACTIVE PLAY

- ✓ Action Stations during breaks
- ✓ Resources available and activities encouraged during breaks.
- ✓ Woodland session every week.

ACTIVE LIFE

- ✓ After school and activity clubs monitored, with children signposted to organisations
- ✓ PP funding which supports vulnerable children
- ✓ Allotment and gardening – encouraging healthy eating.
- ✓ Outdoor Active Classroom (OAC)
- ✓ Regular matches and sporting events organised with other schools and partnerships.

