

**Health and Fitness Policy 2021-2022**

**This Policy is to be read alongside our Curriculum Policy.**

**Vision**

Food and nutrition, physical activity and sport should not be seen as separate, but as an essential blended aspect of the education of every child. The health and welfare of all children forms the backbone of Urmston’s policies and reflects the core values of the school in maximising every child’s potential.

**Rationale**

Improving children’s nutrition and levels of physical activity is an important priority.

The effects of diet and physical activity are often interactive, not only in relation to physical, but also mental and emotional health. Evidence increasingly shows that co-ordinated action to improve children and young people’s eating habits and levels of physical activity are effective in also improving their motivation, attention and achievements in school.

This has been particularly relevant in the last two years, where the disruption of Covid 19 and subsequent lockdowns have mean that many children have had little access to sports lessons, socially active hobbies, organised fitness and team activities. The role of the Health and Fitness Lead is to enhance the awareness, engagement, culture and teaching and learning of healthy lifestyles as set out in the Science and PSHCE curriculums and the PE curriculum as outlined in the PE Passport.

***Nutrition:***

Education about food and nutrition, using appropriate methods and accurate messages, equips children with the knowledge to choose a balanced diet, the understanding of why that is important and the relationship between diet and exercise. These skills equip children not only with confidence in choosing and preparing food for themselves, but also with skills to become capable parents in the future.

***Physical activity:***

 Education about physical activity offers children an understanding of the importance of physical fitness and recreation to their health and wellbeing and explains the crucial links between diet and activity. Skills acquired through physical education enable children to take part in a wide range of sport, recreation and activities that can help to enhance self-esteem and independence, as well as responsibility for their own lifestyle choices.

**Aims**

•To improve the health of the whole school community by equipping pupils with ways to establish and maintain life-long active lifestyles and healthy eating habits.

• To ensure that food and nutrition and physical activity become integral to the overall value system of the school and a common thread of best practice runs through the curriculum, the school environment and community links. We must strive to ensure our school community has access to health and fitness information/ resources, particularly in the event of a return to home learning.

• To develop a whole school approach to food and fitness policy. A whole school policy offers a shared vision and consistency in the delivery of services, curriculum messages and the supporting environment

**Planning, resources and teaching and learning**

Planning, teaching and learning is in line with the school’s policies for teaching and learning. It is in line with the school’s policy for PE and the implementation of the PE Passport as well as the Science and PSHCE curriculums, which incorporate healthy lifestyles. The following organisations and resources may also be utilised to heighten awareness of the importance of healthy living:

*British Heart Foundation teaching resources –* [*www.bhf.org.uk*](http://www.bhf.org.uk)

*Youth Sport England*

*British Nutrition Foundation – www.nutrition.org.uk*

*Central Council of Physical Recreation –* [*www.ccpr.org.uk*](http://www.ccpr.org.uk)

*Children’s Diets, Exercise and Health – The National Federation of Women’s Institutes –* [*www.womens-institute.org.uk*](http://www.womens-institute.org.uk)

*Eating well at school – Caroline Walker Trust -* [*www.cwt.org.uk*](http://www.cwt.org.uk)

*Food in Schools Toolkit (English guidance document) – www.foodinschools.org*

**Beyond the curriculum: Health and Fitness blog**

Outside of the remit of the Science and PSHCE curriculums, as mentioned the remit here to enhance provision to raise awareness and further develop engagement in healthy eating and physical activity.

A primary means to do this is through devising, implementing and maintaining a fitness, health and well-being section for school online content. This helps to blend the educational aspects of food/nutrition, physical activity and mental health/well-being into the daily lives of pupils at UPS. It equips pupils with inspiration, information and ideas for establishing and maintaining active lifestyles and healthy eating habits.

The site will be pupil-led, featuring weekly activity challenges, healthy eating blogs, recipes, coverage of extra-curricular achievements, mental health advice and stories of how pupils have faced/overcome physical challenges, worries and problems.

The site will also log and show activities within school PE/ play leaders activities and celebrate childrens’ choices of movement during playtimes.

It will support a whole-school approach to fitness and health, which will become embedded into all areas of life at UPS.

Among ideas to be implemented for learning beyond the curriculum are:

* *Visits to the school kitchen to see food preparation.*
* *Whole school use of fitness trackers and comparing of results for mathematical data handling.*
* *Events promoting movement and visitors into school to perform exhibitions.*
* *Staff involvement: documenting our own physical activity and delivering assemblies on health and well-being.*
* *Fitness watches – steps competition*
* *Play leaders – workouts and fitness games/ dance*
* *Cycling and scooters – in-school event.*
* *Visitors – exhibition.*
* *Staff involvement – assemblies - rowers/ runners/ cycling/ martial arts/semi-pro football*
* *Participating in the healthy schools rating scheme*
* *Weekly workout videos online*
* *Celebration of class activity each week.*
* *Fitness superstar each week – notice board.*
* *Sleep.*
* *Assemblies on health and fitness*
* *Embedding healthy eating in the curriculum,*
* *Cooking and nutrition clubs after school,*
* *Growing food at the school premises,*
* *teachers’ professional development and encouraging pupils to assist catering staff in preparing school meals.*
* *measure the number of minutes spent in PE in school by each year group*
* *Participation in active travel schemes (Walking and cycling).*
* *Switching more journeys to active travel, including journeys to and from school. (Walk to School and Bikeability initiatives.*
* *Chance to see food prepared in school kitchen.*
* *Parent involvement.*
* *Awareness of lunches and contents – helping to prepare food.*

**Policy written: September 2021**

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**To be reviewed: August 2022**