

# Eastlands Primary School

## November 2023 Bulletin 2—PE Health & Well-being

Here is some useful material to maintain good health over the coming months and some clarity of school practice.

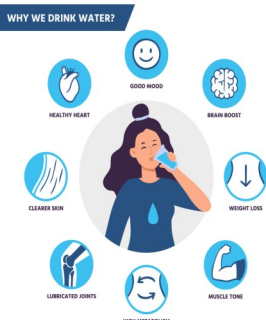
We hope you find this information useful.

### Hydration:

At Eastlands, we encourage every pupil to bring a water bottle to school to maintain their hydration levels. We recommend students to drink water after break time and lunch times and throughout the day especially with their lunch meal.

Why? Studies suggest that adequately hydrated children may perform better in school as they are able to maintain their focus and attention throughout the entirety of the school day. It is also very beneficial to the human body as we need water regularly to survive and provide for our body. Children's bodies need to replenish the water being lost through sweat, breathing and urination and water is the best fluid for this.

Here are some of our student hydration Heroes around the school !



"are you  
drinking enough  
water daily?"



# Eastlands Primary School

## PE Health & Well-being

### Healthy Snacks:

During break, we have a 'healthy snacking policy'. This requires pupils in Years 3 –6 to bring a healthy snack to school to be consumed during break.

Fruit/ Veg is provided, under the Government scheme, for pupils in Reception and Years 1&2.



### Why?

Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay. Therefore, fruit and vegetables are always the best choice for a break time snack. Some studies have found that children with high sugar diets are more likely to engage in conflicts, have behavioural issues at school, and perform relatively poorly on standardized tests.

Concerning fact: Half the sugar children are having comes from snacks and sugary drinks. On average, that's the equivalent to 2,500 sugar cubes a year! We strive at Eastland's primary school to maintain healthy habits so students keep these good habits as they pass through primary school and on to their future pushing towards a healthy lifestyle.

### Exercise:

As a school, it is a requirement that we provide a curriculum that offers pupils with the opportunity to be physically active throughout the day. Each day, a pupil should be physically active for a minimum of 30 minutes. We advise students partake in exercise of some kind for 30 minutes a day outside of school where possible also, whether it's a walk to the park or going to a sports club outside of school. We also have extra sports activities at lunch time and after school such as netball, football, and so on. This is so students get a wider range of sports to enjoy in their free time and also to have fun whilst exercising.



### But, what is actually recommended?

It is recommended by the Department of Health and Social Care that a child over the age of 5 should aim to be active for a minimum of 60 minutes per day (on average); whilst a child of age 5 or under should aim to be active for a minimum of 180 minutes (3 hours) a day. The images, on the following pages, provide suggestions about raising physical activity both inside and outside of school.

**Safeguarding is Everybody's Responsibility**

Eastlands Primary School

Lansdowne Place, Rugby CV21 3RY Tel: 01788 575328

# Eastlands Primary School

CLICK HERE

## Physical activity for children and young people (5-18 Years)

 BUILDS CONFIDENCE & SOCIAL SKILLS
  MAINTAINS HEALTHY WEIGHT

 DEVELOPS CO-ORDINATION
  STRENGTHENS MUSCLES & BONES
  IMPROVES SLEEP

 IMPROVES CONCENTRATION & LEARNING
  IMPROVES HEALTH & FITNESS
  MAKES YOU FEEL GOOD

### Be physically active

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

 PLAY
  RUN/WALK
  BIKE
  ACTIVE TRAVEL

 SWIM
  SKATE
  SPORT
  PE

 SKIP
  CLIMB
  WORKOUT
  DANCE

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**

**Get strong**

 INACTIVITY
 

**Move more**

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

CLICK HERE

## Physical activity for early years (birth - 5 years)

Active children are healthy, happy, school ready and sleep better

 BUILDS RELATIONSHIPS & SOCIAL SKILLS
  MAINTAINS HEALTH & WEIGHT
  CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING

 IMPROVES SLEEP
  DEVELOPS MUSCLES & BONES
  ENCOURAGES MOVEMENT & CO-ORDINATION

### Every movement counts

Aim for at least **180** Minutes per day for children 1-5 years

 PLAYGROUND

 JUMP
  CLIMB

 MESSY PLAY
  THROW/CATCH
  SKIP

**Under-1s**  
at least 30 minutes across the day

 OBJECT PLAY
  DANCE
  GAMES
  PLAY

 TUMMY TIME
  SWIM
  WALK
  SCOOT
  BIKE

**Get Strong. Move More. Break up inactivity**

**We all have the right to feel safe all the time.**

**Eastlands Primary School Protective Behaviours Curriculum**



# Eastlands Primary School

## KS1 and KS2 PE lessons !



Real PE in Eastland's primary school - real PE is a unique, child centred approach that transforms how we teach PE to include, challenge and support your child. We are part of the movement and have joined over 2,000 real PE member schools and community of 37,000 teachers creating positive relationships with physical activity for life for every child.

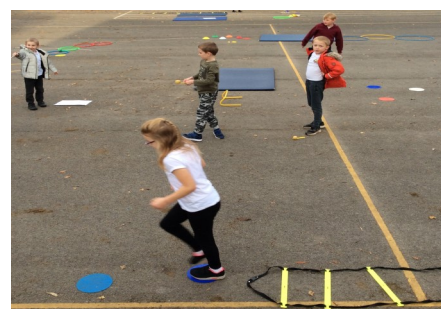
Real PE helps support every child to develop the physical literacy, emotional and thinking skills to achieve in PE, Sport and life. Our unique, child centred approach transforms how we teach PE to include, challenge and support every child.

It is fully aligned to the National Curriculum, Ofsted, proposed Curriculum for Wales and Estyn requirements and focuses on the development of agility, balance and coordination, healthy competition and cooperative learning through a unique and market leading approach to teaching and learning in PE.

Here are  
the 6 real PE  
units!



Real PE is taught across the whole school from nursery to year 6 and there are many different types of lessons and activities beneficial to your child's needs and requirement's for there age group. Here are a couple of real PE photos.



**We all have the right to feel safe all the time.**

**Eastlands Primary School Protective Behaviours Curriculum**

## Eastlands Primary School

# Warwickshire School Health and Wellbeing Service

Your school nurse led service is friendly, confidential and free for all school aged children (aged 5 – 19 years\*) and their families. We can offer you and your child support on a wide range of health related issues such as:



### Child Development

e.g. bedwetting, sleep, diet

### Relationships

### Physical Health

### Healthy Eating & Lifestyle Choices

### Emotional & Mental Health

### Bullying

### Managing Medicines

### Childhood Immunisations

### Smoking

### Alcohol & Drugs

### Sexual Health

If your child has a learning need, disability or long term health condition (e.g. epilepsy, asthma, diabetes, allergies) we can help you get the right care and support.

**Friendly**

**Helpful**

**Safe**

\*up to 25 years for young people with special educational needs or disabilities.

For more information about this service please contact the team on:

03300 245 204 or

[warwickshireSH&WBSservice@compass-uk.org](mailto:warwickshireSH&WBSservice@compass-uk.org)

Compass



**We all have the right to feel safe all the time.**

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