



**How we promote pupil's physical development at  
Christ Church CE (c) Primary School**

	Curriculum
	Extra curricular
	Worship
	PSHE
	Trips
	Visitors
	Statutory
	Website

**Foundation Stage**

- Free fruit and milk for all children.
- Free school dinners provided. School employ own catering team and so have a voice in what is being cooked; meeting food standards but serving food liked by the children
- Constant access to the reception outdoor area, where children can use a variety of physical equipment.
- Over the year the curriculum covers healthy eating, where children get to try a range of healthy food.
- PE lessons across the year. 2 hours of PE and games a week
- Access to the main playground and environmental area to provide more space for physical development activities
- Balance-ability course in the Summer term (we are hoping to re-introduce this)
- Discussions in PSHE lessons about healthy eating/a healthy lifestyle
- Sports specialist coming to work with the children and Sports day

**Key Stage 1**

- Free fruit for snack. Hot snack provided if parents/carers order this
- Milk and water available every lunchtime
- Free school dinner provided. School employ own catering team and so have a voice in what is being cooked; meeting food standards but serving food liked by the children
- How to stay healthy through diet and physical activity is covered across the curriculum in PE, DT and science
- Games and PE lessons across the year. 2 hours per week
- Marathon Kids
- Sports day.
- Intra year group sports days.
- DT curriculum covers healthy eating
- Extra curricular clubs offered over the year (these are being re-introduce since COVID)
- Discussions in PSHE lessons about healthy eating/a healthy lifestyle.

**Whole School**

- Policies in place to ensure children remain happy and healthy in school (child protection policy, health and safety policy etc..)
- Design and technology room installed and used across the school to make healthy foods.
- School lunch menus—meeting the required healthy food standards—pupil voice used to direct food.
- Class teachers and TAs will eat with the children in the hall; healthy eating/manners/behaviour (we hope that this will be reintroduced)
- Water is always available in classrooms and milk is available at lunchtime.
- School Council/Junior Leadership have an involvement in the menu options
- PE curriculum throughout school develops different physical skills through different types of sports
- Use of progressive sports to support the teaching of PE across the school.
- Development of the outside area—multipurpose sports area for all children (timetabled sessions to allow access for everyone)
- Sports day—every child takes part—Year 5/6 help to lead this.
- Evolve sports to offer a greater variety of extra curricular sports across the school
- Children are encouraged to take part in tournaments in the local area in a number of sports—linking to Lichfield clubs.
- Sporting achievements and events are celebrated on the school website.
- Visitors are invited into school over the year to promote healthy lifestyles and encourage the children to be more active (we hope to re-introduce this)
- Year 4 and Year 6 go on active residential trips which encourage physical development.
- Healthy living is discussed in worships—Year 5 look at harvest
- Sporting achievements are celebrated in worship
- Any national and international sporting events are acknowledged and celebrated
- PSHE lessons are used to discuss healthy lifestyles

**Key Stage 2**

- Healthy hot snacks available for KS2 children at break time or the children can bring in fruit
- Healthy lunch boxes are encouraged.
- Water available throughout the day—no squash.
- Year 3, Year 4 and Year 5 go swimming for a term each to ensure that they can all swim 25 meters.
- Year 4 and 6 go on residential trips which promote physical activities
- How to stay healthy through diet and physical activity is covered across the curriculum in PE, DT and science is
- Games and PE lessons across the year. 2 hours of PE/Games per week
- Sports day
- Intra year group sports days
- School Council frequently discuss healthy living and how to promote it
- Forest schools is being introduced across the school, but particularly in Yr5, where a specialist forest school teacher comes into school to teach the children. This encourages outdoor learning
- Money has been spent on the environmental area to make it more welcoming for outdoor learning including an accessibly pond
- Extra Curricular activities are available for every child in KS2 to take part in.
- PSHE lessons cover physical development and healthy eating
- Class teacher talk to pupils in Year 5 and Year 6 about physical developments and changes
- Healthy living is discussed in worships—Year 5 look at harvest
- Sporting achievements are celebrated in worship.
- Any national and international sporting events are acknowledged and celebrated.
- The website and Twitter celebrate sporting activities and events