

Healthy and Active Lifestyles

Active Clubs and Sporting Opportunities

Potters Gate offers the children a range of active extra-curricular clubs to choose from, delivered by staff and outside professionals, such as: Chelsea Football, Forest Schools, gardening, yoga and dance. Additionally, sports competitions and festivals are attended regularly.

Lunch time

Children either have a nutritionally well-balanced hot school meal or a packed lunch provided by their parents, who are encouraged to send a healthy lunch.

All KS1 children have a healthy snack for morning break (provided by school) and are entitled to a free school lunch. Additionally, children are educated in lessons about what constitutes a balanced diet.

In KS2 children are asked to bring fresh fruit or vegetables to eat at break time, promoting good eating habits for life.

Pupil Premium children may have free milk every day. All children are encouraged to have water bottles available during the day in class and have access to water fountains.

Playground activities

At lunch times, playground equipment for games is available to all children supporting active play.

To ensure all year groups have access to playing sport during the week, children can access the field for supervised football, cross-country, athletics and volley ball practice. The availability of these activities vary according to the season.

A new initiative planned for lunchtimes offers 'Playground Leaders' from Y5 and Y6 to lead play activities with the younger pupils. There is a trained lunch time supervisor who helps organise games and activities for the children.

Curriculum

Healthy living is taught as part of our P.E., Science and P.S.H.E. curriculum. Children are encouraged to walk to school, where possible, and this is tracked daily. In addition, there are sponsored sporting activities arranged to support local and national charities.

In the early years, there is an extensive outdoor area which enriches the provision for physical development. Year One also have an outdoor classroom which they use often, offering them opportunities to develop their gross motor skills.

As part of our vision, Potters Gate installed a running track to enable all children to take part in a 10 to 15-minute Daily Run with the aim that, by Year 6, all children are able to run continuously for 15 minutes. The Daily Run was pioneered by a school in Scotland as way of promoting healthy lifestyles, improving children's focus, concentration and behaviour in class and improving pupil's perception of exercise as well as promoting the idea of self-care. The improved levels of attainment and general fitness that school reported caused many more schools to join the Daily Mile movement; including Potters Gate.

(For more information see: <https://thedailymile.co.uk/about/>)

Children in Years Four and Six access outdoor adventurous activities, such as orienteering and team building while on their residential visits.

Additionally, children in KS2 participate in Forest School for half a term, once a year. During these sessions, classes go off-site to a woodland area where they enjoy a range of outdoor activities aimed at increasing self-esteem and team work.

Across the school, there is a growing emphasis on outdoor learning. Whenever possible, lessons will take advantage of the school's extensive outdoor area so that pupils are frequently in the fresh air and active.