

Learning About Being Healthy Package	
Priority:	Healthy Weight
Healthier Behaviour Outcomes:	<ol style="list-style-type: none"> 1. Increase the number of children who can explain what constitutes a healthy, balanced diet (Eatwell plate) 2. Increase the number of children who take part in daily organised physical activity* during the school day <p>(*Eg. Huff and Puff, Wake and Shake, Welly Walks, Sing Up, playground games etc)</p>
Activities:	<p>Needs analysis:</p> <ul style="list-style-type: none"> • Audit whole school provision for learning about healthy eating and physical education with reference to the learning outcomes in the new curriculum for Understanding Physical Development, Health and Wellbeing. • Consult with pupils about what they want to learn about healthy eating and physical activity <p>Planning and preparation:</p> <ul style="list-style-type: none"> • Identify curriculum development needs and formulate an action plan as required • Plan a whole school healthy café to be run on one day- children design menus, advertise to parents (eg through assemblies and newsletters), budget for and produce food (e.g. smoothies, wraps and soups) <p>Implementation:</p> <ul style="list-style-type: none"> • Organise a cluster competition to design “characters” for example that relate to healthy eating, increasing physical activity, reducing screen time. Produce stickers with winning designs and establish pupil reward systems where they need to collect all the characters eg through completing activities in a health week. • Organise an alternative “sports day” to include different types of physical activity eg welly throwing, stilt walking, skipping etc • Implement “Wake and shake” • Get children to design their own organised and structured playtime activities • For additional ideas see other Healthy School Plus Healthy Weight Packages <p>Ensure that you:</p> <ul style="list-style-type: none"> • Embed HS+ outcomes in the SEF and school development plan • Set up/use cluster school council network to audit pupil perceptions of current provision and to engage pupils in planning developments to the programme

PDE Team Support:	<ul style="list-style-type: none"> • Wiltshire Certificate for PSHE (see flyer) • Cluster training on promoting health in PSHE • Cluster parents evenings support • Governor training • PSHE curriculum review • School policy review • Signposting to appropriate resources and organisations
Suggested resources:	<p>Some possible resources may include:</p> <ul style="list-style-type: none"> • Pedometers • Reward stickers • Playground games and equipment <p>Key contacts:</p> <ul style="list-style-type: none"> • Sport England www.sportengland.org • Youth Sport Trust www.youthsporttrust.org.uk • Food a Fact of Life Scheme of work and resources www.foodafactoflife.org.uk • PhunkyFoods resources www.phunkyfoods.co.uk • www.eatwell.gov.uk • http://schoolfoodtrust.org.uk • www.getreal.uk.com • www.nhs.uk/change4life • http://smallsteps4life.direct.gov.uk • www.singup.org
Early Success Indicators:	<p>Example Process:</p> <ul style="list-style-type: none"> • Pupil consultation complete by ... (date) • Curriculum audit completed and needs identified by ... (date) • Staff training delivered by ... (date) • Family learning activities planned by ... (date) • Policy reviewed by ... (date) • Increase in number of staff trained by ... (date) • Health week completed by (date) <p>Impact:</p> <ol style="list-style-type: none"> 1. Increase the number of children who can explain what constitutes a healthy, balanced diet (Eatwell plate) to X by month/year 2. Increase the number of children who take part in daily organised physical activity* during the school day to X by month/year
Source of Baseline Information:	<ol style="list-style-type: none"> 1. KS1 – Children can identify a healthy meal from a given selection KS2 - The number of children who can draw or explain the “eatwell plate” (<i>Well Measured</i> – page 21) 2. On how many days in the last week have you taken part in organised exercise or other physical activity, during the school day? 5 4 3 2 1 0