

GREATHAM PRIMARY SCHOOL

Pupil Statement concerning a Physical Activity Policy

We believe that for you to grow up being healthy, happy and able to learn more easily, you need to learn about how to keep your body healthy using the right sorts of exercise.

We try to do this in a number of ways:

- Encourage all of you to try and enjoy lots of different types of physical activity e.g. clubs such as football, netball, karate, tag rugby, rounders, tennis, country dancing and swimming in year 5 etc
- Make sure that you have lots of things to play with in the playground during lunch times
- Make sure that Fred is safe for you to play on during all breaks, when the weather is good
- Ask Portsmouth Football Club to come in and teach you about skills and games
- Ask your parents to come and help with clubs and take you to matches, tournaments etc
- Plan lots of good P.E. lessons
- Teach you about the different ways of keeping your body physically healthy including eating healthily
- Encourage you to understand the need for regular exercise
- Teach you about the effects of exercise on your body
- Teach you and others, how to be safe when exercising
- Make sure you understand that we feel that exercise is very important

October 2006

Review dateOctober 2008