

Health



PHYSICAL EDUCATION

Physical Education is an integral part of the total education process. In school we develop physical competence and co-ordination through a range of activities. We teach children through a wide range of experiences. We stress the importance of exercise in maintaining a healthy lifestyle. Self-confidence and self-esteem are promoted and children are encouraged to express themselves through movement. Children also have the option to participate in a number of lunchtime and after school sports activities such as football, basketball, gymnastics and dance. In KS2, we encourage competitive sports as well as learning the skills of good team work and sportsmanship. We enter teams in local competitions. We also enjoy working with coaches from outside sporting establishments.

PERSONAL, SOCIAL & HEALTH EDUCATION (PSHE)

The school includes this subject in the curriculum to help children to develop independence, self-confidence and to take responsibility for themselves and others. We encourage them to consider the needs of others, to share, co-operate and get on well with both children and adults. We also emphasise the importance of keeping healthy through eating healthy food, through good personal hygiene and regular exercise.

PSHE activities may take the form of circle time, in which subjects such as "class rules", "school expectations", "making friends", "what is right and wrong", are discussed with the children and are often linked to topics such as "People Who Help Us", "My Family" and "Healthy Eating".

SEX AND RELATIONSHIPS EDUCATION (SRE)

Sex Education is covered implicitly through topic work relating to growing and changing, the senses and healthy living. Examples of topics which are used in this area of the curriculum in KS1 are:

- Ourselves/All about me
- Personal hygiene
- Families/Relationships
- The caring for and life cycle of animals & plants
- Friendships and caring for one another

In KS2, topics relating to children's senses and personal hygiene are covered. In Years 5 & 6, this includes some aspects of sex education, including personal relationships and human reproduction. Parents have the right to withdraw their child from the school's sex education programme. Any parent considering this step is invited to make an appointment to discuss the matter with the Head teacher in the first instance.

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