

1. Engagement of ALL children in regular physical activity

At Valley Invicta Primary School at Holborough Lakes, we understand the importance of regular physical activity and its impact on a child's physical and mental health. We therefore aim to engage all children in the recommended daily one hour of exercise.

Why is it important?

Evidence shows exercise is important to reducing risk of major illnesses such as heart disease, stroke, diabetes and cancer. Research also shows that regular physical activity can boost self-esteem, mood and sleep quality, making us less prone to stress, depression and dementia. But because of our modern lifestyles and an increasing reliance on technology, we are less active nowadays, both as adults and as children.

Regular exercise has lots of health benefits for children and young people, such as:

- improving fitness
- providing an opportunity to socialise
- increasing concentration
- improving academic scores
- building a stronger heart, bones and healthier muscles
- encouraging healthy growth and development
- improving self-esteem
- improving posture and balance
- lowering stress
- encouraging a better night's sleep

What do we do at school?

We have a number of incentives at Valley Invicta Primary School at Holborough Lakes to encourage our children to be active.

The Daily Mile

The Daily Mile is a social physical activity, with children running or jogging – at their own pace – in the fresh air with friends. We give every child the opportunity to do The Daily Mile at Holborough Lakes, and have recently introduced an incentive for classes to compete and see who can run a marathon first!

Here are some of the benefits of The Daily Mile:

- It takes place in 15 minutes, with most children averaging a mile, or more, each day.
- Children run outside in the fresh air – and the weather is a benefit, not a barrier.
- There's no set up, tidy up, or equipment required.

- No staff training is needed and there is no extra workload for teachers.
- Children run in their uniforms so no kit or changing time is needed.
- It's social, non-competitive and fun.
- The children return to class ready to learn.
- It helps to improve fitness and achieve a healthy weight.
- It encourages children to be aware of their health.
- It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds at The Daily Mile.

Pedometers

Every Wednesday, two of our Sports Ambassadors allocate pedometers to two children in each class to count the amount of steps they can achieve in one day. The winning class receive a certificate the following week. Every child gets a turn at using the pedometers. This incentive has increased daily activity as children encourage their classmates to reach the highest number of steps. What all children really aim for is to beat the amount of steps Mr Tom does in one day!

Active Lunchtimes

Providing structured activities during breaks is proven to improve lunchtime behaviour and increase children's activity levels. Our Sports Ambassadors organise different daily activities such as: Cricket, Basketball, Tennis, Athletics and Football. This also encourages children to try different sports each day.