

# Constantine Primary School

## Health Related Exercise – Criterion 7

**Coordinator:** Miss Caroline Cheshire  
**Contact Number:** 01326 340554  
**Healthy School Validation 2004**

### **School Details and Context**

Constantine school is on a rural village setting 5 miles from Falmouth. The number on roll is 120 pupils with 5 classrooms of mixed age.

### **How was the need identified?**

We chose Health Related Exercise because the PE co-ordinator (also Healthy Schools co-ordinator) was already involved in an "Awards for all" application and Active Mark Award audit. Both have now been achieved. This area is also a big focus with Penryn College and the primary partnership aims and objectives through the Schools sports co-ordinator and primary link teachers training and professional development.

### **Chosen Criteria**

Health Related Exercise to raise awareness of importance of health & exercise through events, fitness weeks and related new initiatives.

### **Steps taken to meet the criteria**

- Policies updated and created
- Achieved "Active Mark Award from Sport England"
- Entered staff, parents and children into - race for life - jump rope vault - National swimathon - Cycle for life
- Water bottles
- New toilet doors (KS2)
- Friendship bench & buddy system
- Huff & puff purchased
- Website update & web links
- Fruit breads
- New lunch time organisation
- Update of prospectus and staff handbook
- New play ground markings
- Awards for all
- Sports events clubs - tag rugby festival - Net/Football league & tournament - Cross country - sailing & rowing - KS1 football, KS1 camp - KS2 camp

### **Who was involved in the process?**

Co-ordinator and steering group, the governors, parents, PTA, staff & children, including pupil forum. All involved in meetings and organisation of various initiatives through meetings.

**Outcomes/impact on pupils and the wider community**

Joining healthy Schools opened many avenues for us to explore and many of our successes have a side track of the original plan.

All children in our school have become enthusiastically involved in whole school events and sporting activities. The pupil forum have initiated the water bottles, toilet doors, friendship bench, buddy system and have even been involved in planning the new adventure playgroup area. Playtimes are more active and rules and regulations around the school are understood as they were formulated and discussed with staff and with the children. We have generally done more of the good things that are already gone on and children across the whole school have more opportunity to partake in events. We have gained far more than expected from the scheme and are already looking at what we want to improve next.