

# **Darite Primary School**

## **Health Related Exercise - Criterion 7**

**Coordinator: Helen Smith**  
**Contact Number: 01579 342155**  
**Healthy School Validation 2004**

### **School Details and Context**

Darite is a small village school situated approximately 4 miles from Liskeard, on Caradon Hill. The premises have recently been doubled in size through PF1 to include a hall. There are currently 65 pupils arranged in 3 classrooms.

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

The staff were becoming concerned at the fitness levels of the pupils. Once the rebuild was finished, the opportunity to develop the Physical Education curriculum and other exercise activities was enthusiastically taken by the whole school community. Full use was made of the schools' participation in the school sports co-ordinator scheme.

### **Chosen Criteria**

Health related Exercise

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

- Huff & Puff equipment available at lunchtime.
- Early morning wake-up routine daily.
- 2 hrs timetabled for PE weekly.
- After school sports clubs.
- Activity club for KS1 and their parents - weekly run by AOT.
- Opportunities taken through SSCO scheme - e.g., staff training, specialist coaching, parent's evenings.

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

All staff, pupils, governors, our SSCO and PE, AST steering group of staff, a governor, school councillors, parents and school nurse.

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

- Increase in pupil's interest in physical activities both in and out of school.
- Greater awareness of the importance of exercise in relation to health.
- Pupil's concentration improved after wake-up routine introduced.
- Pupil's co-ordination and sense of rhythm have improved.
- Staff fitter!
- Parents are more involved in exercise activities.
- Local Mother & Toddler group now makes use of our hall and resources for exercise.

- Increase in responsibility shown by many pupils, e.g. organising and running Huff & Puff equipment, devising new wake-up routines, organising sporting events and challenged.
- Awarded Activemark Gold.