

Grampound-with-Creed Primary School

Health Related Exercise – Criterion 7.

Current Co-ordinator: Nathan Cooper
Old Co-ordinator:- Amy Hallisey
Contact Number:- 01726 882644.
Healthy School Validation 2003

School details and context

A small rural school with 68 pupils aged 4 – 11, situated between Truro and St Austell at the north of the Roseland Peninsula.

How the Need was identified.

As a small school with limited sports facilities, we have always attempted to improve our sports provision. Choosing Health Related Exercise gave us an extra focus and enabled us to put even more energy, enthusiasm, time and money into physical education. As a rural school, so many children are brought to us by car that we also identified the need to provide as much physical activity as possible during school time.

Chosen Criteria.

Health Related Exercise.

Steps taken to meet the criteria.

- Dance workshops (for pupils, staff and parents).
- Termly dance productions; use of gym at Poltair school (Y5 & Y6)
- Swimming (whole school-weekly)
- Basketball – coach employed & after school club
- Football – lunchtime club
- Inter-school sports; area & cross country
- Huff and Puff scheme
- Games clubs (KS1 & 2)
- Pre-school aerobics

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Who was involved in the process?

Even though I initially established a steering committee, it was other people who came on board later, that turned out to be the greatest help. A dad who offered to run a lunchtime football club for the school. A classroom assistant taught PE and games lessons. Also a lunchtime supervisor who encouraged lots of activities during the lunchtime break.

Outcomes/Impact on pupils and the wider community.

We have seen a great increase in pupil's interest and participation in sports activities, along with an overall improvement in performance. The parents and grandparents have shown an increased awareness of health issues, for example an improved understanding of food and exercise. Our new hall (space for sport and the arts) will allow further community outreach in the area of exercise and fitness.