

Heamoor CP School

Health Related Exercise – Criterion 7

Co-ordinator:- **Jakki Williams**
Contact Number:- **01736 364868**
Healthy School Validation 2003

School details and context

Heamoor CP has 350 pupils and is situated one mile north of Penzance.

How the Need was identified.

We chose this criterion because the school was already undergoing an audit to gain the Active Mark Award, which we have now achieved. We were also considering Huff and Puff activities and felt that this criterion would focus the staff and children on the value of leisure time physical activity.

Steps taken to meet the criteria.

Although we already had an extensive range of after-school clubs for Key Stage 2 there was no provision for Key Stage 1. Knowing the importance of developing hand/eye co-ordination and ball skills at the earliest stage possible two members of staff started a PE club and a mini-tennis club, purely for Key Stage 1 pupils. The tennis club, run by a qualified coach (her training and the club was financed by NOF funding) grew in numbers over the year as more children became interested. Hopefully the benefits of these clubs will be reflected in Key Stage 2, with more confident and skilful sports people.

The tennis club was further supported by a professional LTA coach during "Fit 4 Fun" week, when it was also offered to the Early Year's classes. At a local mini-tennis tournament, held in Penzance over Easter, the majority of the participants were representatives of Heamoor CP School.

Further developments, encouraged by activities during Fit 4 Fun week, included Disco dancing and Gymnastics, both of which the school hope to obtain NOF funding for in the future. We are sure that these will be as popular and successful as the clubs already being run.

Other changes include playground markings in the Infants. These proved so successful that the School Council held a Key Stage 2 competition and the winner's designs are to be used to develop their own play area.

The school acquired corporate membership of St Ives Leisure Centre so that staff could get membership discounts.

The school, alongside Penwith Council, are hoping to buy extra land adjacent to the school field for an all-weather track/pitch for school and community use.