

# **St Cleer School**

## **Health Related Exercise – Criterion 7**

**Co-ordinator:- Catherine Stoate**  
**Contact Number:- 01579 342196**  
**Healthy School Validation 2003**

### **School details and context**

This primary school is situated in the rural village of St Cleer on the edge of Bodmin Moor, about three miles from Liskeard. There are 242 pupils on roll, mainly from the village itself.

### **How the Need was identified.**

Children were arriving at school and beginning lessons in a 'sluggish' frame of mind. Staff had been discussing changes in the timetable of the school day and came up with the idea of beginning each day in the playground with whole school exercises to music.

### **Chosen Criteria.**

Health Related Exercise.

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

The idea has really taken off and the whole school come together as a community each morning for five minutes exercise to music. We incorporate 'Brain Gym' into our routines and children (and staff) now go to their class wide awake, refreshed and ready to learn.

# **St Cleer Primary School**

**Continued...2**

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

The whole staff, pupils, governors and parents were involved.

## **Outcomes/Impact on pupils and the wider community.**

Pupils are coming to school earlier and excited about the day ahead. Parents are making sure their children are in the playground in good time. Many parents, governors, and even the local community police officer join our daily work out.