

3 Year Enhancement Plan for Craylands School
Reviewed Nov 2015

Milestones
(showing we are on the right track)

Activities
 (Actions that enable us to achieve outcomes)

Quantitative

To increase the number of pupils who participate in more than 3 hours of physical activity per week from 60% to **75%** for Key Stage 1

- Increase in the number of pupils attending physical activity clubs in and out of school
- Increase in the number of pupils who engage in playtime activities
- Maintain or increase the number of pupils regularly walking to school
- Weekly monitoring shows 2% increment

- **Increase in the range of physical activity clubs offered. Taster sessions for out of school clubs provided. relaunched**
- **Teachers to offer after school activities**
- All midday supervisors will receive active play training and year 5/6 pupils will be trained as play leaders.
- WOW or Walking Bus Scheme implemented.
- **Play leaders to re-introduce**

Qualitative/perception

Increase the number of pupils who report knowing it is healthy to eat '5 a day' from 80% to 95% per year for Key Stage 2

- Lunchbox surveys show pupils are bringing in a balanced lunch
- Healthy Living events are well attended
- Parents have been consulted on whole school food policy
- Increased uptake of National Fruit scheme in KS1 with spare fruits made available to KS2 pupils

- School yearly survey to check progress
- Staff training on promoting healthy eating and the eat well plate.
- Lunch box promotions
- **Water promoted**
- Healthy school week for pupils, staff & parents where food policy is promoted
- **School council- presentation to parents leaflets and posters developed**

Priority: Healthy Weight

NI 56 – Obesity among children in Y6
 NI 52 – Take up of school lunches
 NI 57 – Children and young people's participation in high quality PE and sport
 NI 198 – Children travelling to school – mode of transport usually used

Targeted

Increase the number of **eligible** pupils referred to the Healthy Weight Management Programme **from 0-10 over three years**

- 95% participation in the national Child Measurement Programme (YR and Y6)
- Parents report knowing the lead contact in school for the referral pathway
- Pupils and parents know of 'Don't sit, get fit' programme and staff

- DSGF healthy lifestyles assembly
- DSGF to be on playground once NCMP results letters out to support and refer
- Literature about Healthy Living to be shared with parents and pupils
- School actively promotes NCMP
- School yearly survey
- 'Dont sit, get fit' support family events to enable the school to implement the programme