

Being Active and Healthy at St Matthew's School



Healthy Living

At St Matthew's PE is a very important part of our curriculum. We value the lessons as time to help pupils to become more physically active and to teach them about how to maintain healthy lifestyles both in school and at home. As a school we promote healthy living in a variety of ways:

- 1) The children are required to have a healthy snack for break time (fruit or vegetables). KS1 children are provided with free fruit and veg every day, with KS2 having the chance to purchase fruit and veg at their 'tuck shop'.
- 2) Our children are offered the chance to be physically active during their break and lunch times. We have a range of equipment which is brought out at break and lunch times for the children to use, which encourages them to be active.
- 3) All of our children take part in Wake and Shake. They have the choice of two activities to do during this time. Option 1 is to run the Daily Mile. - a country wide initiative to try and encourage children to be more physically active. Option 2 is Zumba.



Sainsbury's Active Kids Vouchers

Each year, we collect Sainsbury's Active Kids Vouchers. We really appreciate the support from parents as it enables us to restock our PE shed each year. By using the vouchers on topping up equipment, we can use the additional PE Funding to further develop teaching and providing additional opportunities for the children.

Inspiring Children

Our aim is to build the foundation for our children to lead lifelong healthy and active lifestyles. As well as offering a broad curriculum, which demonstrates to children the wide variety of sporting pursuits that they could follow, we have also held a number of inspiring events.



Olympic Athletes

In the past we have enjoyed the visits of Emily Diamond and Jack Rutter. Two Olympic athletes who have competed in Athletics (200m & 400m) and Paralympic Football respectively.

Tour of Britain

In September 2016, we took the whole school along the road to Cainscross roundabout where we found a prime viewing spot for the Tour of Britain cycling race.



Clubs and School Teams

At St Matthew's we offer a huge range of after school clubs. These clubs are free for children to join and can offer an additional 1 hour of physical activity. Over the year we offer approximately 10 different sports clubs to children across both KS1 and KS2. Clubs offered in the past include:

- Netball
- Football
- Tag Rugby
- Athletics
- Gymnastics
- Cricket
- Rounders



