



## East Tilbury Primary School Foundation Subject Action Plan 2018-2019

<b>Priority Area (e.g. Leadership and Management)</b>			<b>Team: Healthy Schools</b>		
<b>Objective</b> (what is to be improved)	Increase the participation of pupils in 1 or more extra-curricular activities outside of PE lessons to 40% of KS2 pupils.				
<b>Action</b>	<b>Timescale</b>	<b>Resources</b>	<b>Evaluation</b>	<b>Impact</b>	
Identify target groups e.g. girls only, less engaged, PPG and KS1	End of Spring term	Funding for clubs. Time to identify vulnerable groups. Time to contact parents	Monitor registers. Pupil voice. Attendance	More pupils are engaged from target groups. Attendance has improved at clubs. School attendance has improved.	
Promote clubs through assemblies, newsletter and Sports Captains. Use the Big Walk/The Big Pedal to raise awareness.	Ongoing.	Sports Captain badges, time to compile letters and plan events	Attendance at clubs monitored at the end of each half term.	More pupils are engaged. Attendance has improved at clubs. School attendance has improved.	
<b>Objective</b> (what is to be improved)	Improve pupil and parent awareness of healthy eating, healthy lifestyle and wellbeing.				
<b>Action</b>	<b>Timescale</b>	<b>Resources</b>	<b>Evaluation</b>	<b>Impact</b>	
Monitor kit and participation in lessons. Sharing of good practice around PE/team teaching and co-coaching.	End of Summer term.	Registers. Time to observe/team teach and coaching.	Monitor registers. Class teachers to do this primarily, liaising with parents early.	More pupils taking part wearing the correct clothing.	

<p>Liaise the cook to discuss the school meals and identify what is popular/unpopular. Encourage children to eat free fruit and use salad bar in the canteen.</p>			<p>Pupil voice used to identify positives and areas for improvement in PE</p> <p>Pupil voice used to assess why/why not the fruit is eaten and salad bar is used.</p>	<p>Pupils feel empowered if their suggestions are reflected in the PE provision. More pupils are eating fruit and using the salad bar.</p>
<p>Communication with parents through the newsletter, workshops and through class teachers, including the positive effects on mental health of regular exercise. PE and Science curriculum to address healthy lifestyle and healthy eating. PSHE/SEAL programme to address mental health and wellbeing.</p>	<p>End of Spring term</p>	<p>Newsletter. P4C Forest Schools Research different forms of exercise. Healthy food tasting session.</p>	<p>Parent feedback positive through parent questionnaire.</p> <p>Attendance at workshops is good.</p> <p>PE and science curriculum include healthy lifestyle. PSHE/SEAL address positive effects on mental health/wellbeing of maintaining a healthy lifestyle.</p>	<p>Parents feel engaged/included and change their attitude towards healthy eating and lifestyle.</p> <p>Pupils understanding improves and this is reflected in their ability to manage pressure and potential stress.</p>