

SPORT, PHYSICAL HEALTH AND FITNESS FACULTY

'ROAR for Diversity'

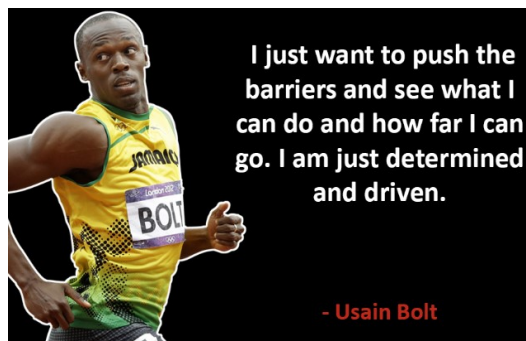
What is sport, physical health and fitness?

Physical health can be determined by many factors, including physical activity, nutrition and diet. Sport is one of the many ways to keep our bodies physically fit and healthy.

The government recommends that all children, aged 5-18, should engage in moderate to vigorous physical activity for at least 60 minutes per day. In England, only 16% of girls and 24% of boys are currently meeting the national requirement. At Oak Meadow, we are determined to challenge and overcome this statistic.

Our faculty intent

The Sport, Physical Health and Fitness team are determined to inspire every child at our school - regardless of their age, gender, culture, race, special educational need or disability - to have the knowledge and skills to lead physically and emotionally healthy lives. This links to our core value: Healthy Body Healthy Mind.



Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair.

— Nelson Mandela —

The implementation of our faculty

ROAR for Diversity - This session will promote the awareness of diversity in sport through the Premier League Primary Stars initiative.

ROAR for Inclusion – During this session, children will have the opportunity to experience a Paralympic sport, Boccia (similar to bowls). This is an inclusive sport which tests muscle control and accuracy.

ROAR for Fitness – Children will take part in a fun physical fitness circuit, where they will have an opportunity to work on and improve their personal best.

ROAR for Nutrition – During this session, children will learn the importance of a healthy balanced diet and how we can incorporate nutrients into our meals. Children will have the opportunity to taste a range of different fruit and vegetables.

How our faculty aspires to make a difference

We hope that the Sport, Physical Health and Fitness Team will inspire each child to take ownership of their own health and fitness; develop a passion for physical exercise; and educate children on how sport can help them to lead an emotionally and physically healthy life, now and in the future. We also hope to instill a competitive spirit where children challenge themselves to exceed their personal goals.

During the sessions, links will be made to many areas of the National Curriculum, including Physical Education; Personal, Social, Health and Economic Education; and Science.

We also hope to inspire our children to consider future careers within the sporting industry, ranging from athletes, nutritionists, PE teachers and physiotherapists.

From tiny acorns mighty oaks grow...





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