

Vitality 20

| Action – what? | How? | Why? |
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| To increase the amount of children who are active in our school. | <ul style="list-style-type: none"> - Monitor how active children are using Travel Tracker - Encourage more activity at lunchtimes by leading games and activities – questionnaire of favourite sports/activities | To encourage more children to take part in exercise. To support the environment. |
| To ensure children are aware of how to be safe in and out of school. | <ul style="list-style-type: none"> - Lead assemblies that share information on how to be safe e.g. road safety, scooter training | To help others understand the importance of being safe. |
| To give opportunities for children to be healthy in body and in mind. | <ul style="list-style-type: none"> - Spreading ‘Wellbeing Wednesday’ across the school. - Continue to strengthen the Daily Mile – developing into the Daily Smile. | Help children stay active. Support children in being ready to learn. Support Mental Wellbeing. |