

## Physical Health and Well Being

At St Vincent's VC Academy, we are hugely committed to supporting the physical health and well-being of our pupils. We understand the importance that physical health has on quality of life as well as the benefits that physical health can have on mental and emotional well-being.

**At St Vincent's we support physical health and well-being in the following ways:**

- By providing a high-quality physical education curriculum each week
- Pupil voice – pupils are given the opportunity to have a say in the design of the whole school PESSPA curriculum
- By offering a range of sporting clubs both after school and during lunchtimes: Netball, Dodgeball, Football, Gymnastics, Table-tennis, Badminton
- By providing pupils with the opportunities to compete against other schools
- By signposting pupils towards local clubs and physical activities which take place after school, at weekends and during holidays
- By providing healthy and well-balanced school meals at lunchtime and within breakfast club
- National Eating Scheme – eating to defend them
- By working closely with the school nursing team
- By educating pupils around being healthy through our science curriculum
- By providing pupils with the opportunities to plan, prepare and cook healthy meals through our DT curriculum
- By taking part in the national Sustrans scheme – to encourage healthy transport to and from school
- By taking part in Bikeability

