



# Health, Fitness and Well-being Project

Established 2017

2023 Update

## Context

Data taken from height and weight measurements taken by Wirral Schools medical

Foundation Pupils  
% Very Overweight  
2015/16



England	9.3%
Wirral	8.3%
Birkenhead South	10.2%
Prenton	7%

Year 6 Pupils  
% Very Overweight  
2015/16



England	19.8%
Wirral	20.7%
Birkenhead South	24.3%
Prenton	33.9%

professionals in 2016:

7% of pupils in Foundation Stage during the academic year 2015/16 were identified as 'very overweight'. An alarming 33.9% of Year 6 pupils were identified as 'very overweight'. A further 15% of Year 6 pupils were classified as 'overweight'. As a result, 54% of Year 6 pupils were classified as either 'very overweight' or 'overweight'.

Through discussion with our teaching staff and teachers at Woodchurch High School, who deliver a large number of our PE lessons, it also became apparent that there are concerns about our pupils' attitude towards physical activity and their willingness to participate in physical activity.

Having attended the Edsential Health and Wellbeing Conference, one message became very clear. This message was best summarised by keynote speaker Dr William Bird, GP for over 25 years and founder of Intelligent Health ... *"Studies have shown young children and adolescents who are obese earn lower test scores than students who are of average weight. They also tend to display shorter attention spans, decreased mental flexibility, and lower intellectual functioning than their counterparts of average weight"* (Dr William Bird, 2016)

Being overweight leads to a number of health problems that are well documented in the press and as suggested by Dr Bird, being overweight can lead to lower academic achievement, but a more concerning issue is not overweight children but children who are inactive. As Dr William Bird explained, *"You don't have to be the right weight to be healthy. It is perfectly okay to be overweight, as long as you are active and fit. Research shows that far more people die of inactivity than obesity. Inactivity is the fourth leading cause of death in the world (more than smoking)."* (Dr William Bird, 2016)

Determined to rectify this, we developed a blueprint comprising new initiatives to redevelop how we deliver and promote physical education and sport. The aim is get children active; improve their self-confidence; enhance key parts of their character such as resilience and ultimately produce healthy and happy pupils.

### **Focused priorities for improvement**

<b>Priority 1</b>	To provide more opportunities for pupils to be physically active
<b>Priority 2</b>	To enhance pupils' attitude towards PE and sport and develop greater levels of resilience and determination.
<b>Priority 3</b>	To develop pupils' well-being and give them strategies to deal with mental health issues such as anxiety.

<b>Priority 4</b>	To promote the importance of leading a healthy lifestyle and ensure pupils are fully aware of the health benefits a healthy lifestyle can have.
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### **Actions taken:**

**Fitness Friday** 'Fitness Friday' sessions very popular amongst our pupils and help to increase activity levels. The last break time on a Friday has been renamed 'Fitness Friday'. Pupils in KS1 and KS2 complete the following activities: shuttle runs, speed ladders, hurdles, throw and catch, rugby skills, skipping, hula hoops and mile run training. Results from a pupil survey: 52% of pupils rated 'Fitness Friday' as *Excellent*. 21% of pupils rated 'Fitness Friday' as *Great*. 13% of pupils rated 'Fitness Friday' as *Good*.



**Prenton to Paris Mile Challenge** 'Prenton to Paris' Mile Challenge now well established and helps to promote a healthy and active lifestyle amongst our pupils. Option 1: Children run for one mile at the start of their PE lesson (9 laps of the playground for KS2) Teachers time how long it takes pupils to complete the mile. Pupils achieve 'a mile' for their class if they complete the mile within the 'Target Time' (E.g. Year 6 Target Time is 6 minutes) Option 2: Children run for 5 minutes at the start of their PE lesson. At the end of the 5 minutes, 'miles' can be awarded to pupils to celebrate their performance and/or their effort and attitude. The aim for each class within school is to achieve 513 miles in the quickest time possible – the equivalent distance of Prenton to Paris! Classes move their class sign along the posters that are in the KS2 hall so their progress towards Paris can be tracked.

**Stoolball Championship** In the summer term Stoolball Championships held for KS2 pupils thus boosting the amount of intra school competition we are able to offer our pupils. The championships are held at lunchtimes and each team consists of players from Year 3, Year 4, Year 5 and Year 6 with Year 6 pupils captaining the teams. It is extremely popular with our pupils and a long standing tradition here at Prenton.



**Cross Country Events** Year 4, Year 5 and Year 6 pupils attend all Wirral Primary Schools Cross Country Championship races during the academic year. All success is celebrated in our Friday assemblies to promote the value of physical fitness and sport. Regularly our pupils

finish in the top ten and even top 5 in races involving over 90 students from across Wirral. Attending these events boosts the number of inter school competitions our pupils attend.

**Tennis Vision** We have always had a close relationship with our local tennis club. In 2017, Chris Thelwall (Director of Tennis Vision) approached me and offered our school a number of opportunities. We decided to run an after school sports. A large number of pupils have signed up to the club over the years. The club is an excellent introduction to tennis for those that are new to the sport, but it also ensures that more experienced players are challenged to enhance their existing skills and develop new ones. Children really enjoy the sessions; they are well planned, engaging and most of all, good fun! Perhaps, the most enjoyable part of the programme has been the chance to go to Prenton LTC in the last week of a 6 week block of sessions. The children absolutely love this! The chance to play on 'real' courts and feel like a 'real' player is a great thrill. Tennis Vision and Prenton Primary School have established a successful working relationship and we are both passionate about our after school club having a legacy. The most pleasing part of our partnership has been that a number of our pupils, having attended the club, have then attended holiday camps at Prenton LTC, Fun Friday sessions with their families and some have even become full time club members! One little girl's Grandad has even become a member after seeing how much his granddaughter was enjoying herself!



**Inter School Competition** Our school works closely with Birkenhead South cluster schools to plan and deliver a number of exciting sports events for our pupils to participate in during the academic year. Oxton St Saviours host cross country events for our Year 3,4,5 and 6 pupils. Townfield Primary hosts football competitions for KS1 pupils, Devonshire Park hosts a gymnastics competition for KS2 pupils and BHSA host a hockey tournament for KS2 pupils, a rounders competition for KS1 pupils and a swimming gala for KS2 pupils. In the past, we have hosted football tournaments at our school for Year 5/6 pupils. We aim to host an event this year that will be organised in the coming weeks.



**Football Competitions:** Our Year 5 boys' team enters the Wirral Corgi Cup. Our Year 6 boys' team enter the Wirral Houlihan Cup. Our Year 5/6 girls' team enters The Birkenhead South Cup. Entering these cups, gives pupils an opportunity to engage in inter school competition developing their competitive edge, sportsmanship and fair play. The competitions also promote leading an active lifestyle and develop teamwork skills, leadership and resilience. Pupils' selection for such competitions is dependent on their behaviour and attitude to all aspects of school life.

**After School Clubs:** Since launching the project, our provision for after school clubs has improved significantly. Over the course of the academic year, our school now provides over 20 different extra curricular activities. Some are run by external providers such as Judo Wirral and Tennis Vision. Others are run by Prenton Primary Staff. We offer: Tennis, judo, guitar, cricket, dance, french, art, football, cycling, rugby, cookery, knitting, cross country, arts and crafts and Story Club.



**'A Confident Me':** Confident ME' It is an early intervention program that comprises 8 carefully developed sections. The program uses neuroscience along with up to date research to build children's knowledge and understanding, empowering them a new found level of self-belief. This knowledge is then put into practise through fun and engaging activities. These newly developed skills embed positive habits and over time shift mind-sets.