## Our children will be...Healthy

## Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong' – John F. Kennedy.

We want our children to be healthy and happy. Health is a state of physical, mental and social well-being and we want our children to know and understand the importance of good health. We aim to equip our children with the knowledge on how to build and maintain a positive mind-set towards a healthy lifestyle. PE is one of our many curriculum tools that allows us to make this aim a reality. We seek to further this aim through our delivery of purposeful extra-curricular activity clubs, where our children enjoy guided physical activity and education, in a safe environment.

Physical education is one of the most powerful tools to tackle present and future health issues. We want our children to know that regular physical activity provides immediate health benefits such as improved blood pressure and cholesterol levels, improved strength and endurance, healthy bones and a reduced risk of obesity. Childhood obesity is a huge health challenge our country faces and so regular physical activity should be a priority for our young people. Children should know and be aware that the 'feel good' chemicals that are released when we exercise improves a person's mood. Exercise reduces anxiety and stress, increases self-esteem and improves sleep and energy levels. We want our teaching of PE to have a lasting impact on both the physical and mental health of our children.

Life outside of education is competitive. Healthy competition and the willingness to better oneself begins in school. Physical education is a perfect tool for this, and allows children to measure their success and seek to improve and overcome challenges they may face. This is an invaluable skill, and the self-believe and resilience needed to achieve this can be transferred into all areas of our children's' lives, both inside and outside of academia.

It was John Tauer that stated, "When students compete they will become more inquisitive, research independently and learn to work with others. They will strive to do more than is required. These abilities prepare children for future situations of all kinds."

