

# Otterham C.P. School.

## WALKING PLAN.

Our aims are:

To improve the physical, social, emotional and mental health and wellbeing of our children – regardless of age, ability or personal circumstances.

To increase physical activity for our pupils and possibly for their parents to build lifelong habits for healthy lifestyles.

To engage our local Community and parent body in this initiative.

"Recently, it was revealed that UK children are now the most overweight in Europe, and activity levels are worryingly low. Combine this with record levels of mental health issues in children and young people and it is clear that, as the adults responsible for the health of our nation's children, we must act now. If not us, then who? If not now, then when?"

*Elaine Wyllie, Founder of The Daily Mile*

Through recent surveys 100% of the children in KS 1 & 2 state that they prefer to be active at break and lunch times. We also know that very few of our children are able to cycle or walk to school essentially due to the distance many have to travel and the dangerous roads that surround our school, where large farm machinery is regularly in use.

Walking is simple, free, and one of the easiest ways to get more active, lose weight and become healthier. We want all our pupils to develop a habitual and sustainable way to keep active and walking is the simplest way to ensure this.

The long-term plan is to create a 200 metre all weather walk way around the school field with the intention of challenging the pupils, parents and staff to walk a MILE A DAY. Initially the cost of such a walkway is beyond our current resources, but the improved P.E. Premium may mean that we are able to move towards this goal.

From the beginning of the new Term, September 2018, ALL our children and staff will be encouraged to walk a MILE a day (11 times round our school football pitch).

Opportunities for walking occur at many times during the day from simply walking to dinner to organised walks around the field or playgrounds. Some children may even choose to jog.

Pre-school/ breakfast club, Breaktimes and Lunchtimes are perfect for children to engage in some physical activity. A simple walk is not overly demanding and easily achievable.

Teachers and Teaching Assistants may be able to find a time during our hectic curriculum to get the class to do a few laps.

Hopefully all children will be actively engaged in the Walking Plan and may wish to keep a total of the MILES or laps they do each day.

