

## PE at Viridis

PE is one way we make sure we stay fit at school. We learn skills such as dance, athletics, gymnastics and ball games.

We get the chance to compete at the end of lots of our lessons – healthy competition is good for us too!

We have the chance to play in lots of competitions such as Hackney Personal Best, Quad Kids Athletics and cross country. We also take part in an annual inter-sports competition against children in our partner schools.

As well as our PE lessons, we have a range of after school activities, including:

- Football
- Cooking
- Multi-Sports
- Taekwondo
- Dance
- Gymnastics



## Useful Websites



[www.kidshealth.org](http://www.kidshealth.org)  
[www.nhs.uk/change4life](http://www.nhs.uk/change4life)  
[www.nhs.uk/live-well/east-well](http://www.nhs.uk/live-well/east-well)



# Healthy Living

It is important that children stay fit and healthy. We can do this in lots of ways at home and at school. At school we do lots to make sure we are fit and healthy, from lessons in the class room to a range of activities during and after school.

In this leaflet, we will tell you about all the things we do to make sure we are as healthy as possible.

# Healthy Minds

It is important to keep our minds healthy as it can keep us happy and healthy during the day.

We listen to calm music through out the day and practise mindfulness too. Here is how you can help keep minds healthy at home.

## Take 10 breaths

- Try taking 10 deep breaths together.
- Close your eyes and look at the floor.
- Breath in so deeply that the air fills your belly.
- Breath out slowly and repeat this.

## Drop anchor

- Stand with your feet firmly on the floor.
- Push down through your feet and feel the ground steady beneath you.
- Notice how your leg muscles feel when they push down through their feet.
- Notice different parts of your body, starting with your head and working down.
- Feel how you are connected to the ground.

## Draw your emotions

- Sometimes we have difficulty naming our feelings, but we can draw them.
- Sit down, close their eyes and think about how you're feeling.
- Draw how you might be feeling.
- You can write the name of your emotion if you like.

# 5-a-day



Almost all fruit and vegetables count towards your 5-a-Day.

As a general rule, a portion size is how much you can fit in the palm of your hand.

## Portions that count as 1 of your 5-a-day:

- 80g of fresh, canned or frozen fruit an vegetables.
- 30g of dried fruits.
- 150ml of fruit juice, vegetable juice or smoothie.
- 80g of beans and pulses.

# Exercise

Exercise and physical activity is very important to staying fit and healthy. It can help us:

- Feel less stressed
- Feel better about ourselves
- Keep a healthy weight
- Build and keep healthy bones, muscles and joints
- Sleep better at night

Did you know, children who are active are also more focused in class which helps them learn better.

## How much physical activity?

Doctors say children should do at least 60 minutes of exercise every day. This should include a mix of:

- Exercise that makes us sweat
- Exercise that makes use breath much harder

Children get an hour and 15 minutes of play time every day!

