**HEALTHY KIDZ 2017/18**

**Healthy Kidz:**

A Physical Activity Leader (PAL) will be appointed to our school

Every class, P1-7, will get 3 x 8 week block of sessions, one block per term

Term 1:

Session 1 – set up the app with the children and teachers in each class; will use Computer Zone for this

Session 2 – set up the Golden Mile and go over how it is to be used and children’s progress monitored

Session 3 – initial testing

Session 4-9 – normal HK workouts

Session 10 – final testing

**Golden Mile:**

Our PAL will talk to teachers and assistants after school (date to be arranged)

To be completed a minimum of twice a week

Teacher participates / assistant records number of laps completed within set time (10 minutes)

When whistle sounds, children stop and note the 100m sign closest to them (these will be placed on the walls at 100m intervals around the course of the Golden Mile; a ‘Golden Mile starting point’ sign will also be put up)

At our monthly Celebration Assemblies, there will be a Golden Miler of the Month – i.e. person who has run the farthest and the person who has made the most improvement in distance covered from the previous month

rewards will be various e.g. sporting equipment, homework ‘passes’

**Fit Families:**

This will be a Saturday morning programme for one adult and one child for 8 weeks (same format as HK sessions in school including testing before and after); maximum of 15 pairs

Cost for each pair £10

A weekly physical challenge will be set at the end of each session to be completed before the next e.g. ‘walk 3 miles’ ‘cycle 5 miles’

The programme will be from 10am-11am every Saturday morning for 8 weeks

Incentives / prizes will be on offer