



Supporting the Welsh Curriculum

Personal and Social Education (PSE) requires that schools promote children's personal and social development. This can be done both through planned learning experiences and opportunities that arise not only in the classroom but in other areas and that demonstrate the ethos and community life of the school. The Tesco Great School Run provides just such an opportunity.

In line with the Welsh Assembly's 'Health Promotion for Schools' and the Welsh Network of Healthy School Schemes, the TGSR can contribute to the aim of promoting and protecting the health and well-being of children in school.

Being healthy includes a combination of physical activity and healthy eating, and the Tesco Great School Run provides a reason to make behavioural changes in the interests of good health. Research recently conducted by the Institute of Youth Sport at Loughborough University for Great Run has proved that a landmark event like the School Run increases general levels of physical activity and acts as a vehicle for learning about the good physiological effects of exercise and active leisure and healthy nutrition.

Of the 10 aspects of a person in society identified through PSE, the run and its accompanying programme can be used to promote six of them - physical, social, community, emotional, vocational and learning skills and understanding. What's more, a school's participation in the run creates a wonderful opportunity to integrate work in the development of attitudes and values, skills, knowledge and understanding.

The curriculum requires that Physical Education also delivers a health-related exercise programme at this key stage.

By engaging with the Tesco Great School Run and the preparatory programme, the following health-related PE learning at key stage 2 is addressed:

- The sustaining of physical activity over appropriate periods of time
- The effects of short-term exercise on the body, e.g increased heart rate allowing more oxygen to be delivered to the muscles, the heat produced being sent to the body's surface (skin) to regulate temperature

- Preparing and recovering from activity appropriately
- The energy balance: the body's needs for the right amount of energy for activity
- That exercise strengthens bones and muscles, that opportunities for exercise should be sought every day, and that it can be fun and sociable

Moreover, by using the ideas contained in this section, children can be encouraged to:

- Apply their skills of speaking, listening, reading, writing and expressing ideas through a variety of media
- Explore number, shape, space, measures and data handling
- Prepare, process and present information, and communicate ideas with increasing independence
- Ask questions, make predictions and come to informed decisions
- Develop ideas & self-expression

We're confident that the Tesco Great School Run offers schools more than just a run. The resources in this website help:

teachers to deliver lots of curriculum materials around the subjects of running and active leisure, using our 'Ready, Steady, Go' theme

parents to learn about running, active leisure, and healthy eating and its contribution to their children's well-being, and

children to understand the importance of knowing about good health and of making decisions that will help them to live healthily and happily.

We think you will find this website, the Ready, Steady, Go theme, and the Tesco Great School Run programme as a whole, a key part of your school's plans for health and well-being, and look forward to hearing about your Great Day!