

## Physical Activity

We encourage children to be as physically active as possible during the school day. At least two hours of quality PE is included in the weekly timetable. In addition there are opportunities to take part in extra-curricular sport. We participate in local league fixtures and sporting events. For the last 4 years we have achieved the Gold award from the government initiative, School Games Mark.

## School Travel Plan

The school has a School Travel Plan with a range of targets to encourage children to be as physically active as possible, which includes coming to school by other forms of transport than a car. The school provides a secure area for scooters and also runs cycling proficiency classes at specific times during the school year. We participate in Walk to School Week and we actively encourage children to include exercise in their form of travel. For the last 5 years we have been awarded Transport for London's STARS Gold award for promoting sustainable travel.