



Active Padstow

Exercise has a significant impact on physical and mental health in children. Regular physical activity can have the following benefits:

Reduced stress and anxiety

Improved mood: Exercise improves mood and increases feelings of happiness and well-being in children.

Better self-esteem and confidence: Regular exercise can help children feel better about themselves and their bodies, leading to increased self-esteem and confidence.

Enhanced cognitive function: Exercise has been linked to improved cognitive function, memory, and academic performance in children.

Improved sleep: Quality and duration in children, leading to better overall physical and mental health.



National data shows that one-third of children are overweight or obese at the age of 10 and 4.2% are severely obese in year six at school, which can have multiple negative impacts on children's health and wellbeing.

Excess sugar intake has been identified as a key contributor to the growing obesity epidemic, particularly in childhood.

Suggested breaktime snacks

- Fruit
- Vegetable Sticks
- Breadsticks
- Plain popcorn
- Dried fruit

Please save crisps and sweet snacks for lunchtime



Our offer:

- 2 hrs of Physical Education/week
- Movement breaks (during lessons)
- Active Break and Lunchtimes
- Afterschool clubs
- External sports providers
- Competitions & coaching



SHARE YOUR WOW!

Tell us about your child's sporting achievements.

email: hello@padstowschool.org

