

### School grounds focus:

- Where are we now?
- Where do we want to be?
- How can we get there?
- Making the changes

### Curriculum focus:

- This activity could be carried out as part of PSE / Citizenship lessons, or as a Geography or Environmental Studies activity. It is adaptable to a wide age and ability range, depending on the amount of adult involvement and how sophisticated a definition of different types of health you use.

### Purpose of this activity:

- To get pupils thinking about different aspects of health.
- To carry out a healthy school grounds audit and identify areas for improvement.

### Equipment / materials needed:

- Each pupil, or group of pupils, will need a copy of the sheet overleaf. Clipboards will be useful.
- Digital cameras can add interest to this activity.
- You might want to produce a wall display or word-processed report of the pupils' findings.

### Preparation:

- Introduce as many of the different types of health – physical, emotional, mental, social, spiritual – as you think suitable for the age and ability of your pupils. Talk about things that they do which are good or bad for their health.

### What to do:

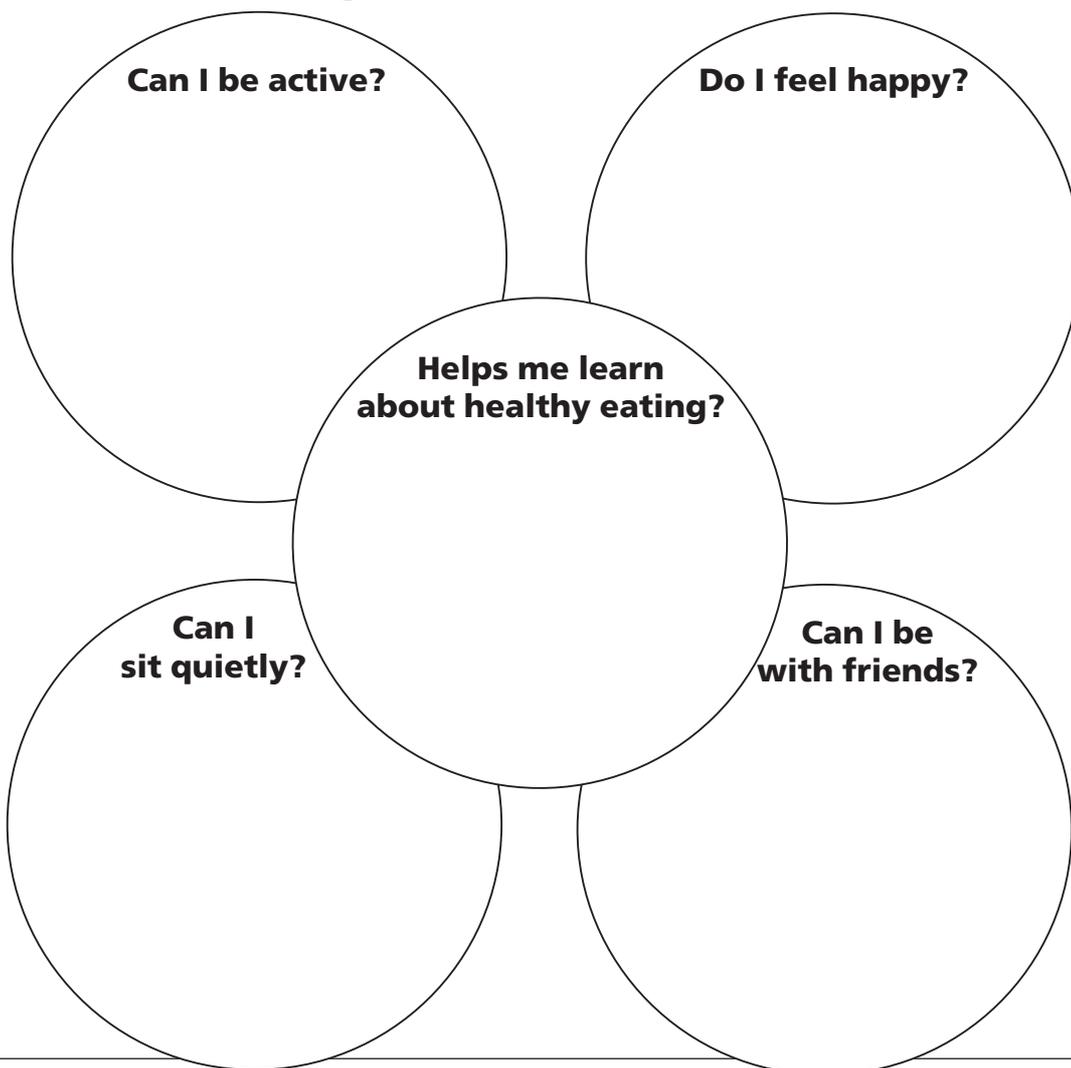
- Divide pupils into small groups.
- Start with all the pupils in one area, discussing how that area is good or bad for different types of health – e.g. a woodland area might be good for physical health if it is a favourite place for playing 'chase' games, or good for spiritual and emotional health if it is somewhere you can sit quietly among nature.
- You could ask groups to explore the whole grounds, or send them to the specific areas to be discussed.
- Ask children to write or draw pictures on their record sheet about the places where they can be active, feel happy, etc.
- Alternatively they could take photos to create a wall display.
- Another way to carry out an audit is to ask groups to find one place in the grounds which they think is good for one or more types of health, and explain why they chose it. You might want to make them look at specific types of health, or choose different types of health for different groups according to ability – spiritual and social health are harder concepts than physical health.
- Pupils should also suggest one or more ways to make your school grounds better for health.

### Follow-up:

- Pupils could present their analysis to decision makers – e.g. the head teacher or governors.
- Make sure that pupils see their recommendations are taken seriously – if they are not acted upon, explain why a different decision has been taken.
- Pupils could help plan a school grounds improvement project to implement their suggestions.

# Healthy?

Where in our school grounds . . .



How can we make our school grounds healthier?