

PRIMARY SCHOOLS CROSS CURRICULUM PACKAGE – EDUCATION AND PHYSICAL ACTIVITY



Match Fit

- ✓ 6x2 hour health programme delivered to Y4 children
- ✓ 1 hour classroom provision + 1 hour physical activity
- ✓ Topics include: nutrition, food labelling and origin, human body and healthy heart, physical activity and energy.
- ✓ Testing takes place on Week 1 and Week 6. Tests include multi choice quiz, fitness test and balance test.
- ✓ Supported by Northumbria University.



Family Football

- ✓ 6 week extra curriculum after school activity
- ✓ 45 minutes classroom activity, 45 minutes physical activity
- ✓ Topics include healthy eating, healthy lifestyles, equality, team work and fair play.
- ✓ Incorporates both adult and child throughout programme.
- ✓ Designed to promote lifelong learning and increase participation in physical activity in families.
- ✓ FREE NUFC Match Tickets and invite to Celebration event at St James Park.

MATCH FIT + FAMILY LEARNING (£250) –

(preferably, both programmes will take place on the same day)

To make a booking please contact mark.bertram@nufc.co.uk. Places are subject to availability and offered on a first come first served basis.

Aims and Evidence



Match Fit –

To raise awareness of leading a healthy and active lifestyle

- ✓ Additional opportunity for ‘nonparticipants’
- ✓ Assessment of progress in Nutritional Knowledge and Fitness provided
- ✓ Skilled staff able to deliver classroom and PE sessions



Family Football –

Improve parent and child engagement through sport/education

- ✓ Work closely with parent, carers to promote health and well-being
- ✓ Engage with parents who do not typically attend school

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