



## Supporting the Northern Irish Curriculum

The Tesco Great School Run provides schools with an opportunity to formalize active leisure and participation in sport, by creating a fun event that is locally organized but part of a national effort to improve children's health. The event creates an ideal opportunity for goal setting, achievement planning, and practice in making healthy lifestyle choices that support active leisure.

Children's learning about their health is encompassed by elements of Personal Understanding and Health and Physical Education. By engaging them in the run and the education programme, children can learn the importance of keeping healthy and the skills required to do so. The run provides them with an opportunity for physical challenge and activity and enables children to develop the core skill of running. In line with the requirements of Personal Development and Mutual Understanding, the run and its associated learning help children to think about leading safe and healthy lives and encourage debate and reflection on the subjects of health and well-being. As outlined in this section of the site, the run itself provides opportunities for working with others and the mutual understanding this can help to develop.

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.

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!