



Supporting Scottish Schools

We recognise that schools in Scotland are working within the context of new initiatives in the 5-14 curriculum to create healthy environments for children, and to help them to live healthier and happier lives.

The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 places health promotion at the heart of the school's work, and promotes the development of the 'health-promoting school' as one in which all members of the school community work together to provide pupils with positive and integrated experiences and structures that promote and protect their health. This includes, amongst other developments, the involvement of the family and the wider community in efforts to promote health. As an annual fundraising event, the run provides a great way of involving families, community groups and local businesses in the work of the school.

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.

The new Curriculum for Excellence changes the way in which learning will be organised and new curriculum areas have emerged from the review that help teachers to be creative and innovative, provide a new context for learning and the development of skills, help make learning active, challenging and enjoyable, and support the move to cross curricular learning. New areas allow for personalization and choice. The area of Health and Well-being, for example, includes experiences and outcomes for personal and social development, understanding of health, physical education and physical activity. It also includes areas such as physical activity and nutrition – topics directly supported by a programme such as this.

By using the ideas contained in this section, children can be encouraged to:

- Apply their skills of speaking, listening, reading, writing and expressing ideas through a variety of media

- Explore number, shape, space, measures and data handling
- Prepare, process and present information, and communicate ideas with increasing independence
- Ask questions, make predictions and come to informed decisions
- Develop ideas & self-expression

Recognising achievement beyond academia is part of the wider Curriculum for Excellence, and the Tesco Great School Run offers schools an opportunity to help children to achieve success in other aspects of their lives too.

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!