



**Scargill Infant School.  
London Borough of Havering**

**“To educate, to enable,  
to empower”**



**“Nothing is impossible  
the word itself say  
I’m possible”**

**- Audrey Hepburn**

Scargill Infant School.  
"To educate, to enable, to empower"



**PE  
Lessons**



**Sports  
Day**



**Special days e.g.  
Queen's birthday,  
Race for life.**

Scargill Infant School.  
"To educate, to enable, to empower"



**5-a-day**

**Kidz Fit**





Scargill Infant School.  
"To educate, to enable, to empower"



plant it  
grow it  
eat it

# Our Vegetable garden.





Scargill Infant School.  
"To educate, to enable, to empower"



**Everyone's  
active at  
Scargill!**



# Yoga & Relaxation

Scargill Infant School.  
"To educate, to enable, to empower"



## Before using Yoga at Scargill.

“Children find it hard to focus during carpet time after lunchtime”

“When children come in from play time they can be quite over-excited, and that’s when most disruptive behaviour occurs in class”

Children find it hard to control their emotions when they are over-excited, such as another child taking a toy.



# Mental Health.

Scargill Infant School.  
"To educate, to enable, to empower"



## Planned Outcomes.

- Increase the use of yoga by children in school and at home from 0% to 30%.
- Increase the number of children who can perform 5 yoga positions from 0% to 47%
- Increase staff confidence in the delivery of yoga from 0% to 85%

## Actions

Observations.

Discussions with staff and children

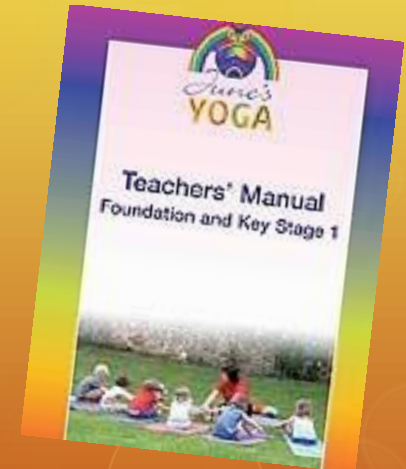
Training for staff.

Resources

Time/flexibility.

Yoga links for at home.

eTwinning





# Yoga

Scargill Infant School.

“To educate, to enable, to empower”



## Since using Yoga at Scargill.

“Since taking part in yoga sessions on a daily or weekly basis, children are more patient and understanding towards each other”

“I’ve got into the routine of using yoga with the children for 5 minutes after break times, and it definitely helps them to calm down and focus more quickly”

“Children with particular behaviour issues have used yoga to calm themselves down ready to carry on with their learning and move on from the situation”

Lunchtime or after school sessions.



During PE sessions.



5 minute slots.

Scargill Infant School.  
"To educate, to enable, to empower"



# "Journey of hope for the future"



Scargill Infant School.  
"To educate, to enable, to empower"



**“It is easier to build  
strong children than to  
repair a broken man”**

