



YSGOL LLYWELYN

FOOD AND FITNESS POLICY

School: Ysgol Llywelyn

Responsible: Headteacher & Governing Body

Last Reviewed: April 2025

Next Review Date: April 2026

Review Period: 1 Year



Be Brave, Risk Being Exceptional



Food and fitness policy

	Please ✓
Statutory policy – this is a model policy that has been developed by Denbighshire Education and Children’s Services with schools and partners which school governing bodies can choose to adopt, or they must produce their own in line with the relevant guidance.	
Statutory policy – this is a model policy that has been created without any formal consultation which school governing bodies can choose to adopt, or they must produce their own in line with the relevant guidance.	
Non-statutory policy – this is a model policy that has been developed by Denbighshire Education and Children’s Services with schools and partners which school governing bodies can choose to adopt, or they can produce their own in line with the relevant guidance.	
Non-statutory policy – this is a model policy that has been created without any consultation which school governing bodies can choose to adopt, or they can produce their own in line with the relevant guidance.	✓

School	Please ✓
Primary	✓
Secondary	
Special	
PRU	✓

Food and fitness policy



Food and Fitness Model Policy (primary) 01/04/2020

Name of school	Ysgol Llywelyn
Address and post code	Ysgol Llywelyn, Trellewelyn Road, Rhyl, LL18 4EU
Phone number	01745 353392
Email address for this policy	Ysgol.llywelyn@denbighshire.gov.uk
Web link to policy	https://www.ysgol-llywelyn.com/policies/

Food and fitness policy

To be completed by the school:

Name of policy	Food and Fitness model policy
Policy version number	3
Date Policy formally approved by Governing Body	March 2025
Date Policy becomes effective	March 2025
Review Date	March 2026
Signed (head teacher)	Mr Nathan Jones
Signed (chair of governing body)	Miss Suzanne Fox
Information about this policy is available to parents/carers	Yes https://www.ysgol-llywelyn.com/policies/

To be completed by Denbighshire Education and Children's Services (DCC ECS):

Policy developed by	DCC ECS
Date adopted by Education and Children Services JMT	Not applicable
Original policy date issued to Denbighshire schools	Version 1 April 2012; version 2 April 2015
Version number and date	Version 3 April 2020
Version developed by	DCC ECS
Review date	April 2022
Well-being assessment completed and date	March 2022

Food and fitness policy

1. Introduction

- 1.1 With nutrition and activity trends becoming established in early childhood, early intervention is important to ensure healthy growth and development. A poor diet is one of the main causes of ill health and premature death. Evidence suggests that a healthy diet may substantially reduce the risk of chronic diseases such as cardiovascular disease, diabetes and some cancers later in life. Physical activity has also been shown to have a significant beneficial influence on health and well-being. In Wales, the population is not eating the optimal diet for health nor achieving the recommended levels of activity.

2. Aims and objectives

- 2.1 To improve the health of our whole school community by equipping pupils with ways to establish and maintain life-long active lifestyles and healthy eating habits.
- 2.2 To ensure that food and nutrition and physical activity are integral to the overall value system of our school and a common thread of best practice runs through the curriculum, the school environment and our community links.
- 2.3 The objectives are to:
- a) To actively participate in the Healthy School Scheme
 - b) To provide consistent messages in school about food and fitness within and outside of the taught curriculum
 - c) To increase pupils' knowledge, understanding, experience and attitudes towards food and fitness
 - d) To ensure provision for food and fitness in school is inclusive and reflects the cultural and medical needs of all pupils
 - e) In line with the duty set out in the Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 to take action to promote healthy eating and drinking among registered pupils.

Food and fitness policy

- f) To increase physical activity levels of pupils in line with the Chief Medical Officers recommendations at least 180 minutes per day for the under 5's and at least 60 minutes per day for 5 – 18 year olds (appendix 1 and 2).

3. Key documents

3.1 The following are the key documents relating to food and fitness:

- Healthy Eating in Maintained Schools Guidance, Welsh Government 2014 which includes The Healthy Eating in Schools (Nutritional Standards and Requirements) Regulations 2013 referred to as The Regulations
- Food and Nutrition for Childcare Settings, Welsh Government 2019
- Free Breakfast in Primary Schools Statutory Guidance for Local Authorities and Governing Bodies 145/2014, Welsh Government 2014
- Physical Activity Guidelines, UK Chief Medical Officers Report, 2020 (appendix 1 and 2).
- Developing a Whole School Food and Fitness Policy, Welsh Government 2007
- Foundation Phase Framework for Children's learning for 3-7 year olds in Wales, Welsh Government 2015
- Physical Education in the National Curriculum for Wales, Welsh Government 2008
- Science in the National curriculum for Wales, Welsh Government 2008
- Design and Technology in the National Curriculum for Wales, Welsh Government 2008
- Personal and Social Education (PSE) Framework for 7-19 year olds in Wales, Welsh Assembly Government 2008

4. The Curriculum

4.1 We offer the following in the curriculum:

- An understanding of the relationship between food, physical activity and short and long term health benefits including oral health.
- The development of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.

Food and fitness policy

- Opportunities to look into what influences food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside.
- Two hours of PE every week, ensuring children are active as much as possible during that time, which is fully inclusive and meets the needs of all pupils.
- Opportunities for cross-curricular promotion of health, fitness and wellbeing, including the need to exercise and its effects on the body.

5. The School Environment and Ethos

5.1 We provide a whole school consistent approach to food and fitness:

- We are a health promoting school and have been accredited with the National Quality Award in recognition of our dedication to promoting a healthy lifestyle as part of the Healthy Schools Scheme.
- We do not advertise branded food and drink products which are high in fat, sugar or salt on school premises or resources.
- We have displays and marketing materials within and around food service areas to promote the benefits of a healthy diet and school meals.
- PE displays avoid mixed messages and promote consistent approaches to fitness and physical activity.
- Eye catching displays around the school promoting the opportunities and benefits for physical activity and healthy diets.
- Staff support and encourage pupils in making healthy choices in relation to food and physical activity.
- We have created designated traffic-free-areas outside the school at critical times to ensure the safety of cyclists and pedestrians.
- Offer a broad range of safe, stimulating indoor and outdoor sports, and play activities accessible to all pupils as required within the curriculum, lunchtime and out of hours learning.
- Provision of appropriate and safe playground areas: use of permanent playground markings and equipment to encourage and facilitate activity to all pupils.

Food and fitness policy

6. Physical Activity

6.1 We provide a broad range of purposeful and enjoyable physical activities for pupils and staff as part of a whole school approach to increasing levels of physical activity.

- Pupils are encouraged to walk or cycle to school where appropriate.
- Provide secure storage for bikes/scooters and safety equipment.
- We provide cycle safety training for pupils in year 6.
- We provide Kerbcraft sessions for pupils in the foundation phase.
- We provide routine daily opportunities for pupils to be active such as The Daily Mile.
- Pupils are encouraged to walk or cycle to school.
- We have secure storage for cycles and safety equipment.
- We provide cycle safety training for pupils in year 6.
- We working towards the Gold Sustrans award to deliver regular bike-it days, making use of our bike shed facilities and promoting active travel to school.
- We provide Kerbcraft sessions for pupils in the foundation phase.
- Actively work with Denbighshire Leisure, and engage in initiatives such as the Bronze Ambassadors Scheme.
- Participate in sports competitions at a variety of levels, ensuring there is provision in our school for both competitive and non-competitive activities (e.g. county netball, county cooking, Urdd swimming etc).
- Provide safe and stimulating equipment; indoor and outdoor play and facilities which promote physical activity.
- Encourage pupils to participate in active outdoor playground games during breaks and lunchtimes. Lunch time staff are training to lead opportunities for physical activity.
- We regularly celebrate achievement and promote activities in assemblies.
- provide buddy training for senior pupils to oversee equipment and support younger pupils
- Provide an annual programme of whole school activities for all pupils e.g. sports day, health and wellbeing theme day/week.
- Provide a broad range of purposeful and enjoyable out of school hours' physical activities for pupils.

Food and fitness policy

7. Food

7.1 Special Diets and Allergies

7.1.1 A special diet is one that cannot be freely selected from the main choices available in school and may be medically prescribed, related to additional dining needs or based on religious, cultural, vegetarian or vegan beliefs. Those with special educational needs and disabilities may also require a special diet.

7.1.2 As food in school is designed for the majority of pupils, those pupils with special dietary needs may need to be catered for individually.

7.1.3 Special dietary requirements identified during school enrolment or otherwise, will be shared with our School Catering Service and relevant school staff (e.g. breakfast, after school, class teacher), in line with the General Data Protection Regulations.

7.1.4 Reasonable arrangements will be made to provide for special dietary requirements, in line with the Education Act 2002 and Equality Act 2010.

7.1.5 Pupils with special dietary requirements will usually have the same nutritional requirements as other pupils and should be offered an equivalent provision. Special diets (excluding medically prescribed diets) will be provided for within an overall provision that complies with The Healthy Eating in Schools (Nutritional Standards and Requirements) Regulations 2013.

7.1.6 Where pupils have a healthcare need our Managing Pupils Healthcare Needs Policy will apply.

7.2 School Lunches

7.2.1 School lunches are provided by Denbighshire School Meals Service.

7.2.2 School lunches are consistent with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 and are nutritionally analysed by the Denbighshire Schools Meals Service.

Food and fitness policy

7.2.3 We liaise with the School Catering Managers, the catering staff and lunchtime supervisors in planning the lunchtime provision, to promote healthy choices and ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.

7.2.4 Access to free, fresh, drinking water is available for all pupils separate from the toilet areas during lunchtime as well as throughout the day (see 7.10).

7.3 Packed lunches

7.3.1 The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 do not apply to food bought in from home.

7.3.2 However, these regulations do place a duty on schools to promote healthy eating, and therefore we encourage parents/carers to provide a healthy and balanced meal. This is done by:

- Encouraging parents/carers to not provide certain items in packed lunches e.g. juices, chocolate and crisps.
- Sharing leaflets with parents/carers to encourage them to provide healthy packed lunches.
- Engaging pupils in healthy packed lunch activities in the classroom.
- Operating a healthy packed lunch rewards system.

7.3.3 Parents will be encouraged to keep packed lunches cool – ideally using an insulated lunchbox with icepacks to ensure that food is kept safe and chilled, especially during hot weather. This will be highlighted where appropriate in school newsletters and correspondence with parents regarding school trips.

7.3.4 Parents are reminded of the packed lunch guidance in relation to school trips.

Food and fitness policy

7.4 Lunchtime experience

7.4.1 We provide an enjoyable eating experience in a pleasant environment and have an agreed rota in place.

7.4.2 Pupils eating packed lunches and school lunches eat together to promote a social and inclusive experience for all.

7.4.3 Lunchtime staff and key pupils have been provided with training to lead physical activity and games, and encourage healthy eating.

7.4.4 We have zoned the playground to promote and encourage different types of activity and games.

7.5 Uptake of School Meals and Free school meals

7.5.1 The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 regulations place a duty on the governing body of maintained schools to encourage the take-up of school meals, and to take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk receives them.

7.5.2 We promote school meals by working with the School Cook to share menus with every family, displaying them around the school, sharing them on our website and social media accounts. We also invite the school cooks to attend school events.

7.5.3 Free School Meals information is also shared with every family, on our school website, in the school prospectus and on social media accounts.

7.6 Break Time and Free Milk

7.6.1 The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 regulations state that in primary schools break time snack provision should consist of fruit and vegetables only.

- Our morning break provision will be limited to fruit and vegetables only for pupils in Reception to Year 6.

Food and fitness policy

- Confectionary and Savoury snacks will not be provided at mid-morning break.

7.6.2 Explain your snack provision:

- Foundation phase: Pupils bring in own fruit only snack
- Key stage 2: pupils bring in own fruit only snack

7.6.3 The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales)

Regulations 2013 do not apply to food bought in from home. However, in line with our duty to promote healthy eating we encourage parents/carers opting to supply their children with a snack item for morning break, to provide snacks which are of a healthier variety/ match our break time provision.

7.6.4 We provide free milk for children up to the age of 7yrs. (Nursery school must not provide skimmed milk).

7.6.5 Water is freely available.

7.7 Breakfast

7.7.1 Food is provided in line with the Free breakfast in primary schools. Statutory guidance for local authorities and governing bodies. 145/2014 and regulation 4 of, and Schedule 1 to, the Healthy Eating Regulations. This prescribes four permitted food categories. Only foods from these categories must be available during breakfast on each school day.

7.7.2 Each child or person attending the breakfast session must be given the option to choose one item from each of the four food categories. Appropriate portion sizes will be given, as pupils in Reception and Year 1 will require a much smaller portion than those in Year 6.




7.7.3 Food and drink offered as part of an early morning breakfast service on a primary school site, regardless of the provider should be consistent with The Regulations.

Food and fitness policy

7.7.4 We receive funding from Welsh Government to provide a free breakfast. Please refer to our breakfast policy in relation to how our breakfast club operates and relevant charges.

Food categories	Suggested standard items
Milk-based drinks or yoghurts	Semi-skimmed or skimmed milk (whole milk permitted in nursery)
Cereals – not coated or flavoured either alone or in combination with sugar or chocolate or cocoa powder*	Whole-wheat cereals Cornflakes Rice-based cereals Shredded wholegrain wheat cereals Malted wheat squares Bran flakes Porridge *To avoid adding sugar, children should be encouraged to use fresh fruit and dried fruit as sweeteners.
Fruit and vegetables*	A selection of chopped fresh fruit or dried fruit to add to the cereals Fruit canned in natural fruit juice Unsweetened fruit/vegetable juices Baked beans in tomato sauce Tomatoes tinned in juice *Vegetables must not be fried.
Breads and toppings	A variety of breads can be offered. Toppings include: Polyunsaturated/monounsaturated margarine, jam, marmalade, honey (thinly spread)

Taken from: *Free Breakfast in Primary Schools Guidance (Welsh Government, 2014).*

These foods are permitted			
Types of food		Description	
	Fruit and vegetables	Must be available at all serving outlets, e.g. as fresh, frozen, tinned (in fruit juice)	✓
	Water	Free, fresh drinking water should be available	✓
	Dairy products	Such as semi-skimmed milk, yoghurts, custard, rice pudding, cheese	✓
	Meat and fish	Fresh and tinned fish such as salmon, tuna, mackerel. Meat such as ham, chicken, lamb, beef	✓
	Breakfast cereals with semi skimmed milk	Such as wheat biscuit, rice snaps. No added sugar or cocoa	✓
	Bread based products	Such as sandwiches, wraps, bagels, English muffins, crumpets	✓

These foods are not permitted or are restricted			
Types of food		Description	
	Cakes and biscuits	Such as jaffa cakes, digestive biscuits, swiss roll, jam tarts	✗ not allowed
	Confectionary	Such as chocolate, boiled sweets, cereal bars, marshmallows	✗ not allowed
	Savoury snacks	Such as crisps, baked crisps, corn snacks, popcorn	✗ not allowed
	Salt	Not available for pupils to add to food	✗ not allowed
	Drinks	Such as squash, fizzy drinks, flavoured water, sports drinks	✗ not allowed
	Condiments	Such as ketchup and mayonnaise must not provide more than 10ml	✗ restricted*
	Meat products	Such as sausage rolls, corned beef pasties, pork pies	✗ restricted*
	Potato products	Such as chips, potato waffles	✗ restricted*
	Products cooked in fat/oil	Such as fish fingers, nuggets	✗ restricted*

Food and fitness policy

Taken from: Food and Drink in After School Clubs (WLGA, May 2014)

7.9 Celebration cakes, rewards and school events

(Currently, we do not permit children to bring in cakes or food to share in school)

- 7.9.1 The Healthy Eating Regulations do not apply to food and drink in rewards and events. However, it is recommended that those organising any events still encourage and promote healthier options in keeping with the standards under the Regulations and as part of a whole-school ethos towards healthy eating. Therefore, such food and drink can still be subject to restrictions at the discretion of the local authority or governing body of a school.
- 7.9.2 We occasionally host events where a variety of foods will be available. For example, cake sales for Children in Need. In line with the regulations we will limit the number of such events.
- 7.9.3 At school events such as school fairs and PTA events we will ensure that healthy food options are available.
- 7.9.4 In line with the Healthy Eating Regulations we discourage parents/carers from bringing birthday cakes into school and will promote other forms of celebration where possible such as singing and dancing. If cake is permitted, then this will be given at the end of the school day to take home. (Note: If cakes are bought in to school, they must be shop bought and include packaging so that allergens can be identified).

7.10 Drinks

- 7.10.1 The regulations place a duty to ensure that drinking water is available, free of charge, on the premises of any maintained school. Free, fresh and chilled water is available to all pupils separate from the toilet areas.
- 7.10.2 We have 3 water coolers/designated taps.
- 7.10.3 Pupils are permitted to have water bottles which have water in them on their desks, where it is safe (this excludes other drinks such as cordial, flavoured water).

Food and fitness policy

7.10.4 Bottles must be taken home daily to be washed.

7.10.5 All other drinks across the school day are compliant with the list below.

Drinks that <u>are permitted</u> in primary schools <small>* At meal times only, not at break times</small> <small>** Rice milk is not recommended for pupils under five years old</small>	Drinks that are <u>not permitted</u> in primary schools
<ul style="list-style-type: none"> ✓ Plain water – still or carbonated. ✓ Plain milk – semi skimmed or skimmed. ✓ Fruit juice* – still or carbonated. ✓ Vegetable juice* – still or carbonated. ✓ Plain soya, plain rice** or plain oat drinks. ✓ Fruit juice combined with water* – still or carbonated. ✓ Vegetable juice combined with water* – still or carbonated. ✓ Blended drinks* – a drink made singly or in combination with a blend or puree of fruit, vegetables, fruit juice or vegetable juice. 	<ul style="list-style-type: none"> ✗ Squash of any kind, including sugar free squash. ✗ Flavoured waters including sugar free flavoured water. ✗ Sports or energy drinks. ✗ Fizzy soft drinks including diet or sugar free fizzy drinks, e.g. cola, lemonade. ✗ Fruit juice or vegetable juice combined with plain milk or plain yoghurt (e.g. dairy smoothies). ✗ Fruit juice or vegetable juice combined with plain soya, plain rice or plain oat drinks. ✗ Flavoured milk, yoghurt or soya, rice or oat drinks. ✗ Tea or coffee. ✗ Hot chocolate.

Taken from: Healthy Eating in Maintained Schools Guidance (Welsh Government 2014).

8. Implementation

8.1 Emma Parry is the lead member of staff for food and fitness.

8.2 **XXXX** is the lead governor for food and fitness.

8.3 SLT will ensure that there is adequate training and resources for staff involved in the delivery of food and fitness; and will link with existing national and local initiatives and resources relating to food and fitness.

Food and fitness policy

9. Monitoring and Evaluation







- 9.1 The annual report to governors includes information about our actions taken to promote healthy eating and drinking by pupils at the school (legal requirement) as well as fitness activities.
- 9.2 Progress is monitored by the SLT and the governing body, and specific issues will be discussed in staff meetings as appropriate.
- 9.3 Pupils are invited to feedback via the school council and questionnaires.
- 9.4 Parents are invited to feedback their ideas for improvements verbally and in questionnaires.
- 9.5 We use our School Sports Survey to monitor pupils' opinions about our provision of PE and after school sports clubs.

Food and fitness policy

Appendix 1 – UK Chief Medical Officers Guidelines on Physical Activity Levels – Under 5's

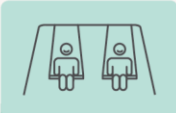














Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
school ready and sleep better

 BUILDS RELATIONSHIPS & SOCIAL SKILLS	 MAINTAINS HEALTH & WEIGHT	 CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
 IMPROVES SLEEP	 DEVELOPS MUSCLES & BONES	 ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

**Aim for at least
180
Minutes per day
for children 1-5 years**

 PLAYGROUND				
 JUMP	 CLIMB			
 MESSY PLAY	 THROW/CATCH	 SKIP		
 TUMMY TIME	 OBJECT PLAY	 DANCE	 GAMES	 PLAY
 SWIM	 WALK	 SCOOT	 BIKE	

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Food and fitness policy

Appendix 2 – UK Chief Medical Officers Guidelines on Physical Activity Levels – 5 – 18's

Physical activity for children and young people (5 – 18 Years)

 BUILDS CONFIDENCE & SOCIAL SKILLS	 MAINTAINS HEALTHY WEIGHT	
 DEVELOPS CO-ORDINATION	 STRENGTHENS MUSCLES & BONES	 IMPROVES SLEEP
 IMPROVES CONCENTRATION & LEARNING	 IMPROVES HEALTH & FITNESS	 MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

 PLAY	 RUN/WALK	 BIKE	 ACTIVE TRAVEL
 SWIM	 SKATE	Activities to develop movement skills, and muscle and bone strength ACROSS WEEK	
 SKIP	 CLIMB		
		 WORKOUT	 DANCE

Get strong  **Move more**

INACTIVITY

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Food and fitness policy

Appendix 3: National Curriculum Programme of Study: Food and Fitness references

	Framework for Children’s Learning for 3-7 year olds in Wales
Foundation Phase	<p>Personal and Social Development, Well Being and Cultural Diversity</p> <p>Skills - Well-being</p> <p><i>Children should be given opportunities to:</i></p> <ul style="list-style-type: none"> • understand and recognise the changes that happen to their bodies as they exercise and describe the changes to their breathing, heart rate, appearance and feelings • develop an understanding that exercise and hygiene and the right types of food and drink are important for healthy bodies. <p>Range</p> <p>Throughout the Foundation Phase, children should be given opportunities to develop their skills, knowledge and understand through being involved in a range of experience including:</p> <ul style="list-style-type: none"> • activities in the indoor and outdoor learning environments • activities that allow them to make healthy choices and to develop and understand their own bodies and how to keep them safe and healthy
	Physical Education in the National Curriculum for Wales
Key Stage 2	<p>Skills - Health, fitness and well-being activities</p> <p>Pupils should be given opportunities to:</p> <ul style="list-style-type: none"> • engage in frequent and regular physical activity beneficial to their health, fitness and well-being • identify how to eat and drink healthily in order to meet the energy requirements of different activities <p>Skills - Competitive activities</p> <p><i>Pupils should be given opportunities to:</i></p> <ul style="list-style-type: none"> • develop, consolidate and then apply the skills and techniques needed to take part in a variety of competitive activities <p>Range - Health, fitness and well-being activities:</p> <ul style="list-style-type: none"> • activities that are non-competitive forms of exercise and chosen for what they contribute to general health, fitness goals and feelings of wellbeing <p>Range - Competitive activities:</p> <ul style="list-style-type: none"> • activities that are learned for the purpose of competition between an individual, group or team and others

Food and fitness policy

	Science in the National Curriculum for Wales
Key Stage 2	<p>Range - Independence of organisms</p> <p><i>They should be given opportunities to study:</i></p> <ul style="list-style-type: none"> the need for a variety of foods and exercise for human good health
	Design & Technology in the National Curriculum for Wales
Key Stage 2	<p>Skills - Food</p> <p><i>Pupils should be given opportunities to:</i></p> <ul style="list-style-type: none"> plan and carry out a broad range of practical food preparation tasks safely and hygienically apply current healthy eating messages and consider nutritional needs when undertaking food preparation tasks classify food by commodity/group and understand the characteristics of a broad range of ingredients, including their nutritional, functional and sensory properties, e.g. meat, fish, fruit, vegetables
	Personal and Social Education Framework for 7- 19 year olds in Wales
Key Stage 2	<p>Range - Health and emotional well-being</p> <p><i>Learners should be given opportunities to:</i></p> <ul style="list-style-type: none"> take increasing responsibility for keeping the mind and body safe and healthy <p><i>And to understand:</i></p> <ul style="list-style-type: none"> the features and physical and emotional benefits of a healthy lifestyle, e.g. food and fitness