

Keeping the Children Active Over The Summer Holidays

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Cultural Education and Healthy Schools Coordinators

WHAT IS CULTURE

Dance

History

Art

Poetry

Music

Design

Sport

Theatre

Digital
Art

Heritage

Architect
ure

Film

Ethnic
Backgrou
nd

WHY IS IT IMPORTANT TO CHILDREN AT MANOR

- We believe that cultural education forms an important part of a **broad and balanced curriculum**, and that children and young people should be provided with an **engaging variety of cultural experiences** throughout their time at school.
- We believe that cultural experiences and education should **not just be for the privileged few**. Creative expression is in our DNA and we want all children to grow up experiencing **a rich cultural life**, supported by high-quality and engaging opportunities
- We recognise the importance of showcasing and nurturing young people's talent. Pupils with exceptional talent should have the opportunity, irrespective of background, to develop their skills to the highest levels.
- We want children to grow up with **a sense of real pride in their local area**, founded on a deep understanding of its heritage and its place in the national story. All children and **young people should know about our national icons** and **understand the key points in our history that have shaped our national character and culture**.

WHAT IS DONE WITHIN SCHOOL CURRICULUM

- Schools remain the single most important place where children learn about Cultural Education. This takes the form of structured curriculum lessons in subjects such as history, English literature, art and design, design technology, drama, dance, film studies and music, alongside programmes of after school activities for children who wish to pursue a passion for a particular art form.
- The best performing schools bring Cultural Education practitioners into schools, alongside classroom teachers, to share their knowledge with pupils. These include artists, designers, historians, writers, poets, actors, musicians, curators, archivists, film-makers, dancers, librarians, architects and digital arts practitioners. Many of these in-school experiences are provided by cultural organisations, who have dedicated education departments.

CULTURAL EDUCATION OPPORTUNITIES AROUND BARKING AND DAGENHAM

Eastbury
Manor
House



Valence House
Museum



Broadway Theatre



Local Parks



Local Libraries



Eastbury Manor House

- Eastbury Square, Barking, IG11 9SN
- ☐ 020 8227 2942
- ✉ eastburymanorhouse@lbbd.gov.uk

Valence House

- Becontree Avenue, Dagenham, RM8 3HT
- ☐ 020 8227 2034
- ✉ valencehousemuseum@lbbd.gov.uk

Broadway Theatre

- Broadway, Barking, IG11 7LS
- ☐ 020 8507 5607
- ✉ boxoffice@thebroadwaybarking.com

Barking Park

- Longbridge Road, Barking, IG11 8UD
- ☐ 020 8227 2332
- ✉ rangers@lbbd.gov.uk

Mayesbrook Park

- 180 Lodge Avenue, Dagenham, RM8 2JR
- ☐ 020 8227 2332
- ✉ rangers@lbbd.gov.uk

Barking Library

- 2 Town Square, Barking, IG11 7NB
- ☐ 020 8724 8722
- barking.library@lbbd.gov.uk

CULTURAL EDUCATION DURING FURTHER AFIELD

- 101 things to do in London with kids
- <https://www.timeout.com/london/kids/101-things-to-do-in-london-with-kids>

BE ACTIVE...
live well



Why should we be active?

- To help your body grow properly, giving you strong bones, muscles, lungs and heart.
- To have good flexibility, balance and coordination, so you can move well.
- To meet up with your friends and make new ones.
- To learn how to run, throw, jump, catch and kick, which are part of lots of sports.
- To improve your fitness.
- To help you stay healthy and not get sick.
- To feel happy and full of energy.
- To help you keep at a healthy weight.
- To help you feel relaxed and confident.
- To help you sleep better.
- To improve your posture.
- To learn new skills and challenge yourself.
- To have fun!

- Everyone – not just kids – should be active every day, in as many ways as possible.
- Not being active can cause an energy imbalance – that's when you take in more energy than you actually use.
- It can have a big effect on your health and how you feel.

How much activity should a child have?

- Birth to 1 - For healthy development in infants, physical activity – particularly supervised floor-based play in safe environments – should be encouraged from birth.
- 1 to 5 - At least three hours a day, spread throughout the day.
- 5 to 12 - At least 60 minutes a day of moderate and vigorous activities. It's even better to be active for up to a three hours every day.

Activities you can complete.

- Strengthening activities, like climbing or jumping, at least three days of the week.
- Moderate activities make your heart beat faster and your breathing become quicker.
- Vigorous activity makes you 'huff and puff'.
- Walking fast
- Organised sports
- Bike riding
- Running/chasing friends
- Skateboarding
- Swimming laps
- Dancing
- Try to be active in lots of different ways and challenge yourself to try something new. Remember that it can take time to learn a new skill or a new sport, so do not expect to be good at something right away

ANY
QUESTIONS

