

ACTION PLAN – Health & Well-being

Goal: To ensure coverage and progression within the Health & Well-being curriculum

Rationale: We are four years into our Meadowlane Curriculum. We need to ensure there is good coverage of the curriculum for all children and that children are making good progress with their knowledge, understanding and skills.

Success Criteria:

1. **Most pupils make at least appropriate progress in their Health and Well-being skills, supported by the Cluster Progression maps**
2. **A range of resources are used to support the teaching and learning within the Health & Well-being AoLE**
3. **All areas of the Health & Well-being AoLE are covered over a two year period.**

Autumn	Spring	Summer

Leaders: Sarah Rees and Hannah Edwards

Actions	Personnel Involved	Budget / Resources (Human, time and physical)	Timescales	Self-Evaluation Activities	Self-Evaluation	Evidence
1. Whole school to begin with well-being topic to return to school.	All teaching staff	PPA	September 2025	Listening to learners Books Coverage?	Whole school return to school well-being topic in September. Digital Developmental Portraits completed by class teachers October 2026 Nurture groups started December 2026	

Online safety						
2. Health & Well-being questionnaires to be completed at end of academic year.	TS & Teaching Staff	Leadership Time PPA time INSET	July 2027	Questionnaire results to show pupils are supported in their well-being at Meadowlane.		
3. RSE scheme of work & substance misuse SOW to be covered consistently to PS1 (explorers), PS2 (adventurers) & PS3 (pioneers).	SR, HE and all teaching staff	INSET – outlining how to deliver and record coverage	Throughout the year.	RSE and substance misuse taught consistently across the school. Coverage tracked on Building blocks		
4. Continuing with embedding Restorative Approaches as a whole school approach. Stages have been updated and to be shared with all staff. To continue with a reflective circle to be completed at the end of the week.	TS with all staff support		Throughout school year	Restorative approaches used by all staff. Listening to learners Self-evaluation activities		

5. A range of sporting experiences to be arranged for Meadowlane pupils	KM, HE & AG		Throughout the school year	Class Dojo School Website	Dosbarth Clun & Dosbarth Usk visits to Cardiff MET.	School Calendar
Swimming lessons at Eastern Leisure to be arranged			Summer Term	Listening to learners	Basketball assembly by Cardiff MET	Class Dojo
Fun and fitness week including a range of sporting experiences from years 2-6.			Summer Term		Basketball Sessions for various year groups	
Traditional sports day to be held for Years 3-6.			Summer Term		Swimming lessons arranged for Year 6 pupils in Summer 1.	
Traditional sports day to			Throughout school Year			

be held for Rec – 2. Could be completed on different days to ensure younger pupils aren't waiting too long. Opportunities for pupils to visit Cardiff Met						
6. Dosbarth Usk to continue as the Healthy school's class for the I-voice. To lead healthy eating initiatives To promote Health and	SR, HE & KT	PPA Class Meetings	Throughout school Year	Building Blocks Class Dojo School Website	Healthy Eating assembly Aut 1 Class assembly Hello Yellow Day for Mental Health	School Diary Class Dojo School website

well-being for the school						
7. SHRN survey to be completed	TS, SR and HE		Autumn 2			
8.Play Equipment			From September 2026			