



# Lower Heath Pledge

Building cultural capital through the curriculum

Exercise

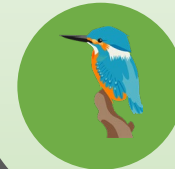
## Respect

"Do to others whatever you would like them to do to you"  
Matthew 7:12

Try something new

## Faith

"Faith can move mountains"  
Matthew 17:20



## Love

"Love is patient, love is kind"  
1 Corinthians 13:4

Help others

## Thankfulness

"There's always something to be thankful for"  
1 Thessalonians 5:18

Appreciate the present

## Fellowship

"Encourage each other and build each other up"  
1 Thessalonians 5:11

Have fun with friends

NAME: \_\_\_\_\_



# Lower Heath Pledge



*Building cultural capital through the curriculum*

The curriculum at Lower Heath extends beyond the academic, technical or vocational. Through our curriculum, assemblies, visits, discussions and literature, we support pupils to become responsible, respectful and active citizens who can play their part in public life as adults guided by the fundamental British Values of democracy, individual liberty, the rule of law, and mutual respect and tolerance.

In addition, we recognise the importance of having positive mental health and consider the 5 steps to mental wellbeing (NHS, 2022):

- 1) Give to others
- 2) Be physically active
- 3) Pay attention to the present moment
- 4) Learn new skills
- 5) Connect with other people

Help others

Exercise

Appreciate the present

Try something new

Have fun with friends

THE LOWER HEATH PLEDGE CHALLENGES CHILDREN TO ENGAGE IN  
WIDER ACTIVITIES FOR THEIR OWN PERSONAL DEVELOPMENT.



# Early Years



- Look after an animal
- Help create the class rules
- Go on a minibeast hunt
- Ride a trike or a bike
- Go on a nature walk
- Visit a farm
- Taste a new fruit
- Make and fly a kite
- Listen to a story
- Play a team game
- Meet people who help us
- Help in your classroom
- Climb at playtime
- Enjoy Welly Wednesday
- Learn a calming technique
- Grow a plant
- Create a junk model
- Use scissors correctly
- Build a den
- Have a Teddy Bear's picnic



# Key Stage 1



- Do something for charity
- Go litter picking
- Take part in a sporting event
- Learn a new sporting skill
- Create a piece of art
- Make a positivity poster
- Use cutlery correctly
- Tie your own shoelaces
- Take part in a community event or join a group outside of school
- Play a boardgame
- Make a home for minibeasts
- Do something kind
- Get better at Daily 15
- Climb a hill
- Eat something you have grown
- Find out what lives in a pond
- Taste different breads
- Visit a place where you learn something new (e.g. a museum)
- Take part in a performance
- Visit a famous landmark



# Lower Key Stage 2



- Lead class/school worship
- Visit a senior citizen
- Represent school at sport
- Go foraging
- Produce nature rubbings
- Visit an art exhibition
- Take part in a science experiment
- Visit a non-Christian place of worship
- Read out loud to a friend
- Make up your own game
- Take on a class/school responsibility
- Consider how to help the environment
- Learn a skill e.g. skipping
- Go swimming
- Play 'Pooh Sticks'
- Listen to classical music with your eyes closed
- Make a sculpture
- Learn a song in French
- Go to the theatre
- Sleep-over away from home



# Upper Key Stage 2



- Organise a charity event
- Complete a random act of kindness
- Swim independently
- Represent the school at sport
- Grow a plant from a seed
- Visit a city
- Learn an instrument and perform it to an audience
- Learn a yoga pose
- Stay away from home
- Work with others on a project
- Do a class presentation about something you are passionate about
- Help at a school fair
- Do something scary e.g. abseiling
- Go orienteering
- Learn the capital cities and flags of 20 countries
- Practice a breathing technique
- Learn to knit/sew/crochet
- Make a meal
- Perform in a play
- Climb a hill