



Post-14 Curriculum Long Term Planning: Healthy Living

Curriculum Intent

The Post-14 Healthy Living curriculum at Chadsgrove School is part of the 'Health' section of the Preparing for Adulthood Framework. The Post-14 Healthy Living curriculum aims to prepare students for adulthood by:

- Developing sport and physical activity skills for enjoyment and optimum health levels, both in and outside of the school setting, with a focus on long term participation post school
- Supporting students to practice and apply the Physical Education (PE) and healthy living skills they have learnt throughout school so far with increasing independence
- Enabling students to become emotionally aware of themselves and others through healthy living activities promoting independence, resilience, self-esteem, empathy, responsibility, wellbeing and positive mental health
- Maximising social skills with a focus on communication, leadership, teamwork and enabling a sense of feeling part of a team
- Developing leadership skills through learning to communicate effectively and being assertive
- Developing awareness and responsibility for identifying, developing and assessing their own personal fitness and health goals by taking into account their individual needs and activity levels

Students in Horizons Pathway focus on three termly overviews including developing skills, emotional well-being and working as a team. Students in Horizons Aspire work towards OCR Life and Living Skills 'Personal Skills' units at Entry Level 2 and 3. Students in Horizons Living work towards OCR Life and Living Skills 'Personal Skills' units at Entry Level 1 and 2.

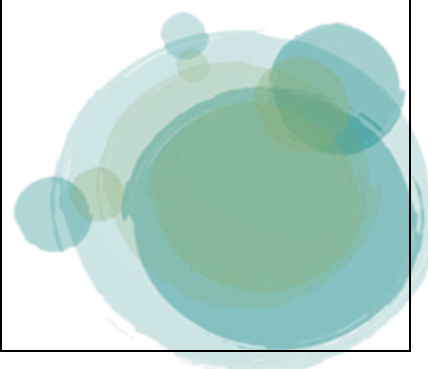
Those students identified as having greater physical need (detailed in individual EHCPs) have an additional lesson during which they access Hydrotherapy. Students will also have the opportunity to take part in a land, snow/ice and water based OAA activity offsite. Students are encouraged to attend and lead lunchtime and after school sport clubs to promote healthy active lifestyles and work experience skills.

While this curriculum is designed for Post-14 learners, adaptations will be made to ensure that any pre-16 students accessing the provision can engage with and benefit from a suitably tailored version of the curriculum.

Curriculum Implementation

Horizons Aspire:

	Autumn: Working as a Team	Spring: Emotional Wellbeing	Summer: Developing Skills
Practical	Team games/Athletics	Boot Camp Yoga/Stretch/Pilates	Boxercise/Combat Body Toning
Theory	This term, students will learn to work together, communicate clearly, and support each other through team games and group activities. OCR Unit M20 Working as part of a group (E2) OCR Unit M34 Working as part of a group (E3) Suggested linked BBW texts Looking after my Heart George Gets Smart	This term, students will explore emotional wellbeing through activities like yoga and stretching, learning how to relax, manage emotions, and improve focus. OCR Unit M15 Emotional Wellbeing (E2) OCR Unit M25 Emotional Wellbeing (E3) Suggested linked BBW texts Feeling Cross and Sorting it Out Ginger is a Hero	This term, students will develop physical skills through boxercise, combat drills, and body toning, building strength, coordination, and confidence.



Horizons Living:

	Autumn: Working as a Team	Spring:	Summer: Developing Skills
Practical	Team games/Athletics	Boot Camp Yoga/Stretch/Pilates	Boxercise/Combat Body Toning
Theory	This term, students will learn to work together, communicate clearly, and support each other through team games and group activities. OCR Unit M4 Using interpersonal skills to contribute to positive relations (E1) OCR Unit M20 Working as part of a group (E2) Suggested linked BBW texts Looking after my Heart George Gets Smart	This term, students will explore emotional wellbeing through activities like yoga and stretching, learning how to relax, manage emotions, and improve focus. OCR Unit M8 Emotional wellbeing (E1) OCR Unit M15 Emotional Wellbeing (E2) Suggested linked BBW texts Feeling Cross and Sorting it Out Ginger is a Hero	This term, students will develop physical skills through boxercise, combat drills, and body toning, building strength, coordination, and confidence.

Curriculum Impact

Post-14 students engage in appropriate, meaningful and personalised Healthy Living sessions. They develop the confidence and ability to apply their healthy living skills in real life contexts, with increasing independence, in order to live a healthy lifestyle to suit their individual needs. Students gain evidence to support successful completion of OCR units in individual work folders. Ultimately, the Post-14 Healthy Living curriculum prepares students for adulthood by fostering healthy living and fitness as an important and enjoyable aspect of everyday life.

