



## Post-16 Curriculum Long Term Planning: Healthy Living

### Curriculum Intent

The Post-16 Healthy Living curriculum at Chadsgrove School is part of the 'Health' section of the Preparing for Adulthood Framework. The Post-16 Healthy Living curriculum aims to prepare pupils 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 pupils to practice and apply the Physical Education (PE) and healthy living skills they have learnt throughout school so far with increasing independence
- Enabling pupils 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

Pupils following both Formal and Semi-Formal Pathways focus on three, termly overviews including Being Healthy, Personal Hygiene and First Aid. Pupils following the Formal Pathway work towards OCR Life and Living Skills 'Personal Skills' units at Entry Level 2 and 3. Pupils following the Semi-Formal Pathway work towards OCR Life and Living Skills 'Personal Skills' units at Entry Level 1 and 2 and Equals SLD curriculum schemes of work.

All pupils in Post-16 have one fitness session per week focused on the curriculum detailed below. Those pupils identified as having greater physical need (detailed in individual EHCP's) have an additional lesson for swimming. Pupils also take part in land, snow/ice and water based OAA activities offsite on a termly basis. Pupils are encouraged to attend and lead lunchtime and after school sport clubs to promote a healthy and active lifestyle.

### Curriculum Implementation

Formal Pathway:

<b>Autumn 2023: Being Healthy</b>	<b>Spring 2024: Personal Hygiene</b>	<b>Summer 2024: First Aid</b>
Through fitness I will learn to embed physical activity habits and make lifestyle choices that prepare me for further learning.  OCR Unit M16 Healthy Living (E2) OCR Unit M27 Healthy Living (E3)  <b>Practical:</b> Circuits Aerobics/Dancercise  <b>Suggested linked BBW texts</b> Moving More and Feeling Good Rosie Gets in Shape	I will dress appropriately for exercise, and look after my personal hygiene. I will take ownership of my fitness goals and exercise beyond school.  <b>Practical:</b> Boxercise/Combat Body Toning  <b>Suggested linked BBW texts</b> George Gets Smart	Through PE I will be self-motivated, articulate and passionate. I will learn to build my mental health and learn to manage pressure.  <b>Practical:</b> Boot Camp Yoga/Stretch/Pilates  <b>Suggested linked BBW texts</b> Ron's Feeling Blue Sonia's Feeling Sad

### Semi-Formal Pathway:

<b>Autumn 2023: Being Healthy</b>	<b>Spring 2024: Personal Hygiene</b>	<b>Summer 2024: First Aid</b>
<p>Through fitness I will learn to embed physical activity habits and make lifestyle choices that prepare me for further learning.</p> <p>OCR Unit M09 Healthy Living (E1) OCR Unit M16 Healthy Living (E2)</p> <p>EQUALS Semi-Formal (SLD) Curriculum Scheme of Work Healthy Eating and Healthy Lifestyle</p> <p><b>Practical:</b> Circuits Aerobics/Dancercise</p> <p><b>Suggested linked BBW texts</b> Moving More and Feeling Good Rosie Gets in Shape</p>	<p>I will dress appropriately for exercise, and look after my personal hygiene. I will take ownership of my fitness goals and exercise beyond school.</p> <p>EQUALS Semi-Formal (SLD) Curriculum Scheme of Work PE, Sport, Games and Aquatics</p> <p><b>Practical:</b> Boxercise/Combat Body Toning</p> <p><b>Suggested linked BBW texts</b> George Gets Smart</p>	<p>Through PE I will be self-motivated, articulate and passionate. I will learn to build my mental health and learn to manage pressure.</p> <p>EQUALS Semi-Formal (SLD) Curriculum Scheme of Work Mental Health and Wellbeing</p> <p><b>Practical:</b> Boot Camp Yoga/Stretch/Pilates</p> <p><b>Suggested linked BBW texts</b> Ron's Feeling Blue Sonia's Feeling Sad</p>

### Curriculum Impact

Post-16 pupils 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. Pupils gain evidence to support successful completion of OCR and Equals units in individual work folders. Ultimately, the Post-16 Healthy Living curriculum prepares pupils for adulthood by fostering healthy living and fitness as an important and enjoyable aspect of everyday life.

