



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 developing skills, emotional well-being and working as a team. 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 AQA Award Scheme, Realising Potential units.

Those pupils identified as having greater physical need (detailed in individual EHCPs) have an additional lesson during which they access Hydrotherapy. Pupils also take part in a land, snow/ice and water based OAA activity offsite. Pupils are encouraged to attend and lead lunchtime and after school sport clubs to promote healthy active lifestyles and work experience skills. Pupils who have chosen to enroll in the Duke of Edinburgh program will require teachers to collect six months' worth of evidence for fitness activities.

Curriculum Implementation

Formal Pathway:

	Autumn 2024: Developing Skills	Spring 2025: Emotional Wellbeing	Summer 2025: Working as a Team
Practical	Boxercise/Combat Body Toning	Boot Camp Yoga/Stretch/Pilates	Team games/Athletics Sports Week Activities
Theory	OCR Unit M13 Developing Self (E2) OCR Unit M23 Developing Self (E3) Suggested linked BBW texts Looking after my Heart George Gets Smart	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	Suggested Resources: AQA Unit Award Scheme: 119413 UNDERSTANDING AND DELIVERING ICEBREAKERS FOR GROUP WORK 119255 REALISING POTENTIAL: TEAMWORK 116926 TEAMWORK: WORKING WELL WITH OTHERS

Semi-Formal Pathway:

	Autumn 2024: Developing Skills	Spring 2025:	Summer 2025: Working as a Team
Practical	Boxercise/Combat Body Toning	Boot Camp Yoga/Stretch/Pilates	Team games/Athletics Sports Week Activities
Theory	OCR Unit M2 Developing self-awareness: all about me (E1) OCR Unit M13 Developing self (E2) Suggested linked BBW texts Looking after my Heart George Gets Smart	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	Suggested Resources: AQA Unit Award Scheme: 117448 TEAMWORK 119246 REALISING POTENTIAL: TEAMWORK 116924 LEADERSHIP: UNDERSTANDING EMOTIONS

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 AQA 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.

