

Physical Development and Healthy Lifestyles at The William Henry Smith School & Sixth Form



Intent

We want our students to develop into confident and competent learners across a broad range of physical activities and we support our students in demonstrating sportsmanship and leadership values. Our curriculum provides cross curricular links with healthy lifestyles, contributing to our whole school vision which includes maintaining 'Healthy Schools' status. Promoting healthy, balanced lifestyles establishing healthy habits for our students to take into their future. Promoting healthy growth and development. Helping to achieve and maintain a healthy weight. Improves cardiovascular health. Improves balance, flexibility, coordination, and strength. Assists in the development of gross and fine motor skills. Improves posture.

Implementation

Our students take part in exciting, fun and active PD&HL lessons each week. Our school curriculum schemes of work are based on GetSet4PE which provides our students with a broad experience of a range of sports and activities.

Our students are given opportunities to participate in competitive sports through partnerships with local schools and affiliated organisations and also to take part in individual and team activities in Fun Fitness Friday sessions.

These experiences ensure our students are given opportunities to build character, embed values and learn about the importance of a healthy lifestyle for both their physical and mental health and well-being.

Students also have the opportunity to develop new skills and teamwork through our outdoor education programme.

We are fortunate to be able to offer enrichment activities from a Personal Trainer which includes individual training sessions, a personal training programme and group activity sessions. All students have the opportunity to take part in experiences off site which may include: a sailing trip, cycling sessions, walking, sporting challenges and term time holidays.

Impact

Improvement of wellbeing and fitness of all our students and their understanding of a healthy, balanced lifestyle

Student progress will be continuously monitored throughout the year.

All students have the opportunity to work towards qualifications through AQA's or OCRs in PD & HL.

Some students join clubs and are affiliated members of sporting associations.



*Improves concentration and thinking skills.
Boosts confidence and self-esteem.
Relieves stress and promotes relaxation.
Provides opportunities to develop social skills and make friends.
Improves behaviour.*