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| **Year 3.** |  | **Autumn** | **Spring** | **Summer** |
| **Curriculum Area** | **First half term** | **Healthy lifestyles** | **RSHE** | **Flexible learning** |
| **Equals Curriculum/ DfE RSHE secondary**  | Therapy(Voyager) | **Mental wellbeing** |
| **Curriculum Area** | **Second half term** | **Flexible learning** | **Physical Health** | **Physical Health** |
| **Equals Curriculum**  |  Competitive sport(Globetrotter) | Team sports (Traveller)**or**Hydrotherapy/ gym (Explorer) |

**Fitness & Wellbeing Curriculum – Woolston 6th Form College**

**3 year plan.**

Topics initially taken from EQUALs and DfE RSHE objectives [Found in PSHE Association SEND Framework KS4], to underpin the focus of learning, with some flexibility for personalised learning where the choice of study is chosen by the class team to reflect the needs of their group.

For example, Form A may need work on friendships, whilst Form B needs to focus on healthy eating. List of suggested topics and resources for this ‘Flexible learning’ to be found at the base of this document.

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| **Year 1.** |  | **Autumn** | **Spring** | **Summer** |
| **Curriculum Area** | **First half term** | **Healthy lifestyles** | **RSHE** | **Flexible learning** |
| **Equals Curriculum/ DfE RSHE secondary** | Drugs Awareness (Globetrotters) | **Health and prevention**  |
| **Curriculum Area** | **Second half term** | **Flexible learning** | **Physical Health** | **Physical Health** |
| **Equals Curriculum**  | Sport in the Community(Voyager) | Team sports **or**Physiotherapy/ sensory environments(Traveller) |

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| **Year 2.** |  | **Autumn** | **Spring** | **Summer** |
| **Curriculum Area** | **First half term** | **Healthy lifestyles** | **RSHE** | **Flexible learning** |
| **Equals Curriculum/ DfE RSHE secondary** | A healthy lifestyle(Explorer) | **Internet safety and harm** |
| **Curriculum Area** | **Second half term** | **Flexible learning** | **Physical Health** | **Physical Health** |
| **Equals Curriculum**  | Using technology for leisure(Voyager) | Team sports **or**Using the community for leisure(Traveller) |

**‘Flexible learning’ topic suggestions:**

[Please focus this half term’s learning on the needs of your class, to personalise their learning for improved fitness & wellbeing]

* Mental health
* Physical wellbeing – dentist, doctors, hospital, opticians
* Healthy eating
* Friendships
* Relationships
* Personal care and hygiene – hair, beauty, teeth, body, clothing
* Emotional wellbeing/ self-regulation
* Working cooperatively
* Independent living skills extend/ consolidate
* Sensory needs/ learning
* Safety – medicines, household hazards
* Sleep and relaxation
* Community exploration – health facilities, leisure facilities
* Community support understanding – emergency services, help in emergencies, people who help us
* RSHE – changing bodies, puberty, importance of personal hygiene
* Accessing the outdoors – community events, leisure centres, swimming, forest schools activities, exploring local area and facilities
* Transition – especially classes with Y14 students in