

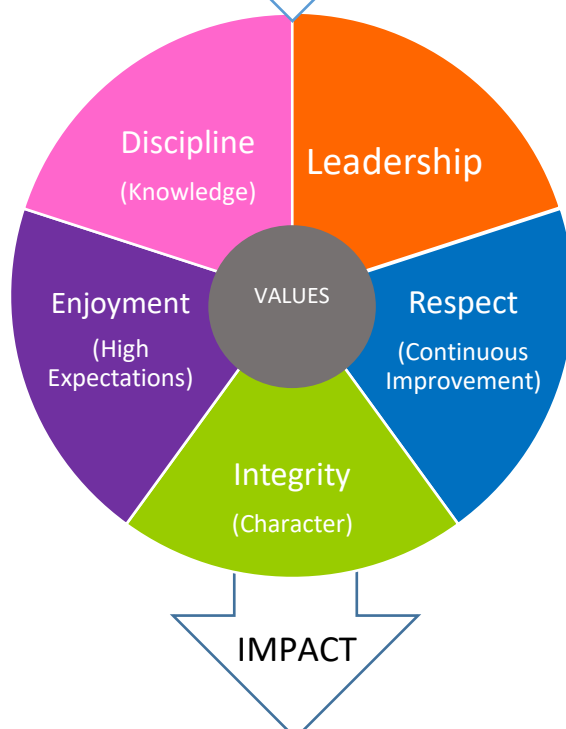
The Healthy Living Curriculum (Physical Education)

INTENT

Our aim is to develop a secure knowledge of sport and all it encompasses, identifying how it impacts on our lives. We want our students to gain the confidence and encouragement to debate and question, developing a thirst for leadership and inquisition through continuous improvement. Our curriculum is designed to challenge all students of all ability levels, not only within the college but also their personal lives. It gives students a clear understanding of physical, mental and social well-being and the impact that these can have on our everyday lives, including what we can do to further positively enhance ourselves through high expectations. The skills we teach help our students to develop as a well-rounded individual with the confidence to overcome any challenge that they may face, positively enhancing their personal character.

IMPLEMENTATION

Our Mastery curriculum allows students to explore their own skills and knowledge whilst at the same time implementing strategies for self and peer improvement, as well as learning to problem solve. The skills that they learn, in conjunction with the in-depth knowledge that they receive will allow them to access the next phase of education with confidence and ease. They will have the opportunity to work with different groups, whether it be Primary School or Key Stage 3 students, as well as their own peers and their local community in order to enhance personal skills and promote independent learning. Students are also offered a wealth of extra-curricular activities to further enhance personal skills and create memorable experiences across Healthy Living.



Our core Values are simple yet encompass the development of a well-rounded and confident individual. They encourage independent and inquisitive students who question and help to develop the skills of not only themselves but also those of their peers. Although our curriculum is challenging, it is delivered through new and imaginative ways in order to ensure all students learn yet have fun doing so. The career possibilities for our students are broad and we offer a range of experiences that heighten their understanding of future progressions; within the local community, nationally and even internationally. With such a wide range of opportunities across the Healthy Living Faculty, we are confident that our students will leave us with the skills, confidence and capabilities of accessing further education and progressing into any industry they wish.

CASE STUDIES - Sport

Meet: Emilia Bevan, Scarlet Esprit, Shona Silvester, Imogen Harris and Toni-Ann Wordsworth (Year 10 students)

These students joined Brixham College in 2016 and have shown great enthusiasm for PE. It has certainly had a big impact on their experience of Brixham College. "It has encouraged me to participate in more physical activities and exercise. It has helped to facilitate a future career in PE and Sport. PE has given me the incentive to engage in more Sport and maybe go on to study PE further in the 6th form. Since joining the college I have been involved in Netball, Football, Rugby, Trampolining, Rounders and Athletics, participating in tournaments and fixtures against other schools. PE makes me feel more motivated, confident and happier. I have developed team work skills, resilience, determination and social skills. It has opened up more opportunities. I chose GCSE PE because it would help improve my physical and mental well-being and improve my overall knowledge of many sports".

Meet: Iggy Brook, Alice Atkinson and Indigo Pedrick (KS3 Primary School Leaders)

Iggy has just started being a sports leader this term and believes 'it has already given me more confidence in speaking to other people'. Sports leaders have the opportunity to work with lots of different students and Iggy has enjoyed that aspect 'I have worked with both year 7 and 8 students which has helped with my confidence and getting to know new people'. Iggy really enjoys sport and is excited to take part in different sports festivals, 'my favourite was the orienteering festival because we had to clearly explain the task and show the students how to read a map, this was very challenging but also rewarding'. Iggy is looking forward to taking part in sports leaders club and learning the different skills needed to be a successful sports leader.

Alice is in year 8 at Brixham College and has been a sports leader for over a year. Alice reflected on how being a sports leader has helped her over the last year 'I was quite shy when I joined in year 7 and since being a leader I have gained confidence and can now communicate well with younger children'. I really enjoy helping out and it's a really good opportunity that some schools don't get'. Alice has become a successful leader and is often paired with a year 7 student to help them become more confident. Alice recognised that, 'I feel I have a really important role in the festival as I am seen as a role model to some of the other leaders and I have a lot of knowledge about a variety of sports including netball and football'. Alice completed the sports leadership award in year 7 and is proud of her achievements.

Indigo joined the college in September and showed a keen interest in being a sports leader from the outset. She is always hardworking in her physical education lessons and shows great enthusiasm for sport. Indigo has enjoyed having 'lots of responsibilities as a sports leader', which has helped her to build confidence levels. Indigo has enjoyed many aspects of the festivals including 'getting to work with friends which helps us to run the activity better'. Indigo has shown a keen interest in achieving the sports leadership award after half term; she believes that it 'will help her to develop her ability to teach younger children different sports'.