

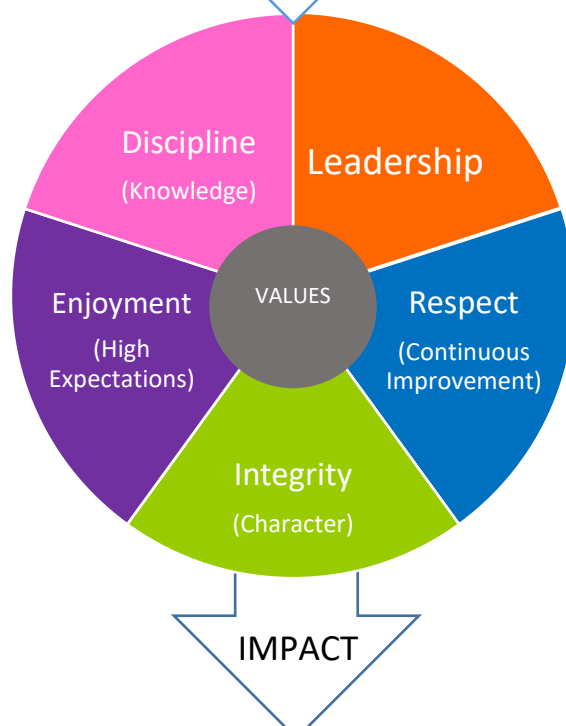
The Healthy Living Curriculum (Health & Social Care)

INTENT

Our aim is to develop a sound knowledge of how our health care system impacts on the society we live in. 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 within their personal lives. It gives students a clear understanding of health and well-being, physically, intellectually, emotionally and socially. The curriculum sequencing encourages students to make informed decision, 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 two-year 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 understand how to articulate the knowledge learnt into the work they complete. They will then be able to access this part of their education with confidence and ease. Students will have the opportunity to assess how they would deal with certain situations through the use of case studies, which will then allow them to transfer this into real life experiences. Students will also be able to access extra-curricular opportunities in addition to the curriculum time provided.



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, 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: **Josh Shipp (Year 13 sport student)**

Josh joined Brixham College in 2012. Josh's love for sport was fostered throughout his time at Brixham College and his commitment to sport outside of school. "Sports has always been a massive part of my life and a big inspiration to me. I chose GCSE PE as I loved sport and had a big passion for it. I learnt valuable skills and was able to take part in a variety of different sports. Doing the Cambridge Technical in Sport was a great decision as I became much more confident and gained a better understanding of sport and its underpinning knowledge. I have achieved highly in sport throughout GCSE and Cambridge Technical whilst also doing well in my Judo. This wouldn't have been possible without the help and support of my Sport teachers. I am now on the GB Judo squad and am doing well within my school work because of the support I receive within sport at Brixham College. This was one of the best decisions I have made to choose these subjects". Josh is predicted to achieve a Distinction within Sport and is looking to study sport after sixth form

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'.

CASE STUDIES - Catering

Meet: **Gracie Halsey (Year 11 student)**

Gracie started at Brixham College in year 7 and has thoroughly enjoyed her food and catering lessons throughout her time at the college. Gracie opted for Catering at GCSE because she felt that the practical subject would “build my confidence within myself and in my cooking ability”. She particularly enjoyed the practical lessons and learning new higher ability skills “Such as pasta making, filleting chicken and meringue making”.

Meet: **Barney Richardson (Year 11 Student)**

Barney has spent the last 5 years at Brixham College, starting in 2015. Throughout Key Stage 3 Barney enjoyed his Food lessons, “there was lots of practical lessons”. He decided to pursue Catering at GCSE because, “I Enjoy eating and cooking food”, Barney was surprised at how much cross curricular links there were in Food & Catering, “it’s not just cooking, there’s loads of Biology and chemistry involved, along with Maths, English, languages, Art and Geography”. Barney has enrolled on a college course for marine engineering “but at least I can cook”.

Meet: **Josh Larbey (Year 11 Student)**

Josh started at Brixham College in 2015. Josh opted for Catering at GCSE because “I enjoyed the practical’s and I felt that taking the GCSE would build my skills and help a potential career in Catering”. Josh controversially said, “I really enjoyed the NEA 2 practical assessment (examination) where I had to prepare and serve a three course meal at restaurant quality in a limited time, I got a real buzz from it”. Josh is hoping to attend College in September and enrol on the hospitality & catering course.