Curriculum Roadmap

HWB & PE

Vision

Our vision for the Health and Wellbeing AoLE is to create healthy, confident individuals and to empower the learners to thrive physically, mentally, emotionally, and socially in a rapidly changing world.
We use a curriculum that educates learners about the importance of leading healthy lifestyles and encourages resilience, empathy, decision-making and self-awareness. Through a holistic approach that integrates Physical Education, Health and Wellbeing and Food, learners will develop the confidence and competence to make informed decisions that positively influence their own wellbeing and that of others.

Learning in the classroom and in practical activities aims to develop respect, teamwork, resilience and the wider cross-curricular skills of literacy, numeracy and DCF.

At the heart of the curriculum are the four principles, 'What Matters' statements, the principles of progression, and individual progression (progression steps) of Curriculum for Wales.

Physical Education
In these lessons, learners are encouraged to develop their physical skills, understanding of the benefits of physical activity to leading a healthy lifestyle, resilience and teamwork. They develop fundamental movement skills that can be transferred across different activities and are encouraged to develop communication and thinking skills and be creative.

Health and Wellbeing
In these lessons, learners develop their understanding of the physical, mental and social aspects that promote health and wellbeing. We aim to enable ethically informed learners who are aware of social influences, can make informed decisions and understand healthy relationships. Learners are encouraged to be active participants through a range of individual, paired and group activities.

Food
Learners begin to develop the skills that allow them to produce nutritionally valuable meals. They are taught the safe practices that relate to using cooking utensils/appliances, and food hygiene. Learners develop the skills and understanding of how to maintain health and wellbeing through balanced nutrition.

Skills

Health & Wellbeing

- Communicating effectively with others.
- Working independently to complete research tasks.
- Showing resilience when completing extended writing tasks
- Showing engagement in class discussions.
- Making informed decisions during the lesson.

PE

- Communicating effectively with others.
- Develop and apply physical skills in a range of physical activities.
- Understand the links between exercise and health & wellbeing.
- Engage regularly in physical activity.
- Show resilience when finding a task or activity difficult.

Understanding how the actions you make impact on learning.

Feedback

Arousal, stress and anxiety

self confidence and motivation

Energy systems and training zones

Evaluating cooking skills

The skills and techniques of preparation, cooking and presentation of dishes

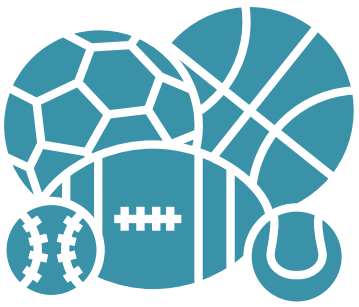
Year 11

Short nad long term effects of exercise

Movement in physical activity and sport

Menu planning

The importance of nutrition



Diet & nutrition for health and well-being and sporting performance

Health & safety in hospitality & catering: Food safety in hospitality & catering

Socio-cultural factors that influence participation and performance

How hospitality & catering provisions operate

How sport and physical activity impact health and wellbeing

Hospitality & catering provision

Year 10

Food safety, complex recipes and advanced cooking skills

Continual Skills

Debating and critical evaluation of complex concepts with peers

Developing self-reflection and independence in learning

Using formal language to discuss ideas and feedback on peers

Health and wellbeing

Mental health and wellbeing

Child poverty in Wales

Independent research

Utilising a range of communication styles to share ideas

Competitive

Complex attacking principles

Developing innovation and understanding of forward thinking in games

Advanced movement patterns for success

Complex defending principles

Creative

Developing initiative and independence

Complex routines using a range of apparatus

Linking skills

Sports covered throughout the year include:

- Outdoor Adventurous Activities
- Health Fitness and Well being
- Gymnastics
- Badminton
- Netball
- Football
- Rugby
- Dodgeball
- Handball
- Volleyball
- Rounders
- Softball
- Athletics

Year 9

Health, Fitness and Wellbeing

- Complex skills
- into sequences
- Delivering fitness sessions for others
- Planning for developing fitness
- Testing for fitness

Outdoor Adventurous Activities

- Collective responsibility skills
- Planning and organisation
- Leadership

Continual Skills

- precision in cooking skills, food safety and basic nutritional understanding
- Discussing ideas with peers
- Developing skills to ensure progress
- Developing oracy and activity specific vocabulary
- Understanding eating disorders

Health and wellbeing

- smoking, vaping and first aid
- Understanding the effects of alcohol misuse
- Understanding substance misuse
- Understanding relationships
- Guided research
- Planning and delivering an effective presentation

Competitive

- Developing attacking principles
- Developing control, accuracy and consistency
- Knowledge of sport specific tactics for success
- Developing defending principles

Creative

- Interpreting feedback to bring about progression
- Complex flight actions
- Onto and over

Sports covered throughout the year include:

- Outdoor Adventurous Activities
- Health Fitness and Well being
- Gymnastics
- Badminton
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- Football
- Rugby
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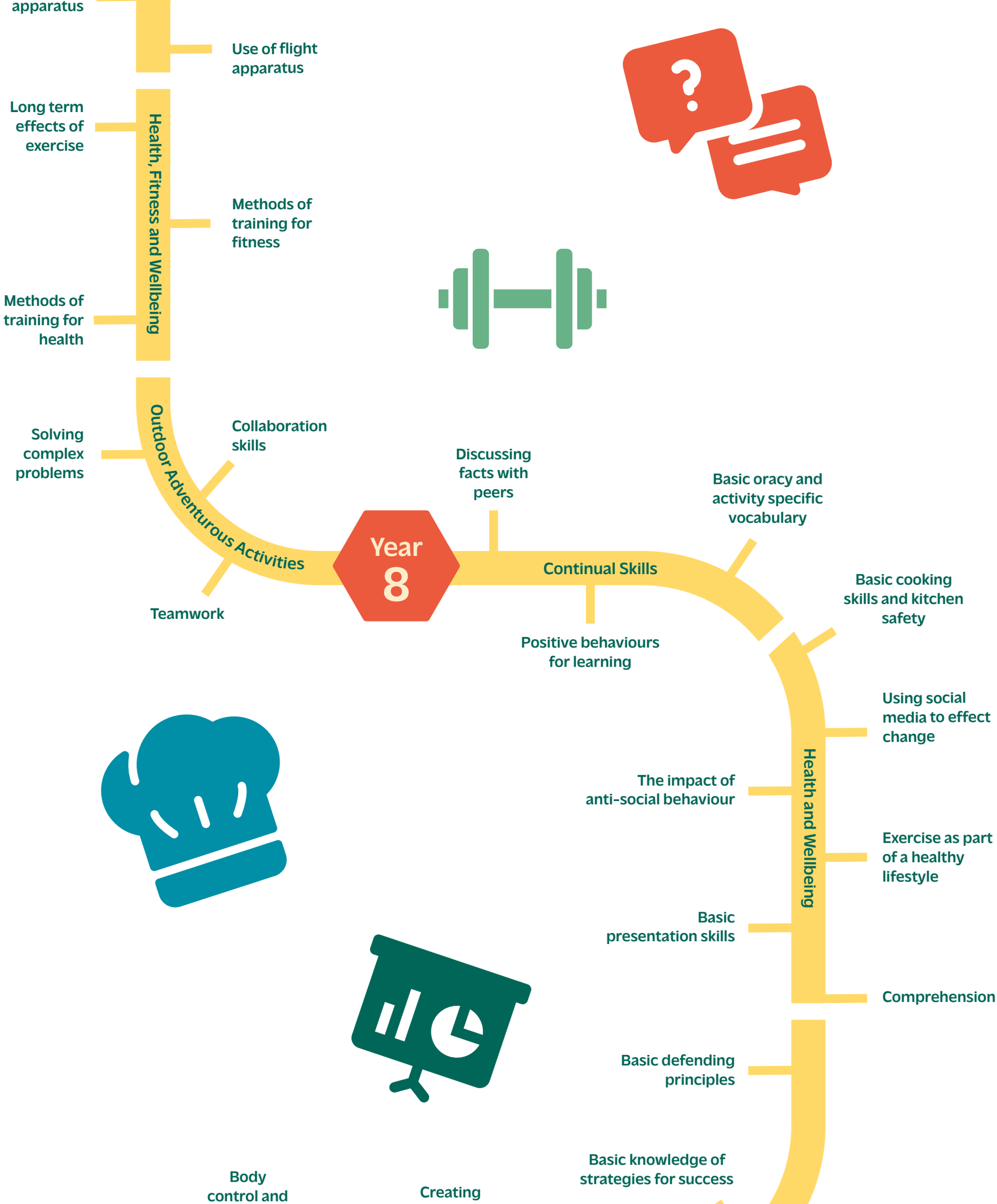
- Volleyball
- Rounders
- Softball
- Athletics


apparatus
Use of flight apparatus
Long term effects of exercise
Health, Fitness and Wellbeing
Methods of training for fitness
Methods of training for health
Solving complex problems
Outdoor Adventurous Activities
Collaboration skills
Teamwork
Year 8
Discussing facts with peers
Continual Skills
Positive behaviours for learning
Basic oracy and activity specific vocabulary
Basic cooking skills and kitchen safety
Using social media to effect change
The impact of anti-social behaviour
Health and Wellbeing
Exercise as part of a healthy lifestyle
Basic presentation skills
Comprehension
Basic defending principles
Basic knowledge of strategies for success
Body control and
Creating

movement

routines

Creative

Rolling, balancing and flight actions

Effective and constructive feedback

Competitive

Basic attacking principles

Rules and regulations of games

Health, Fitness and Wellbeing

Short term effects of exercise

Components of fitness

Warm up and cool down

Outdoor Adventurous Activities

Solving basic problems

Social Skills

Communication

Year 7

Sports covered throughout the year include:

- Outdoor Adventurous Activities
- Health Fitness and Well being
- Gymnastics
- Badminton
- Netball
- Football
- Rugby
- Dodgeball
- Handball
- Volleyball
- Rounders
- Softball
- Athletics