





## PE: Healthy and Active Lifestyles

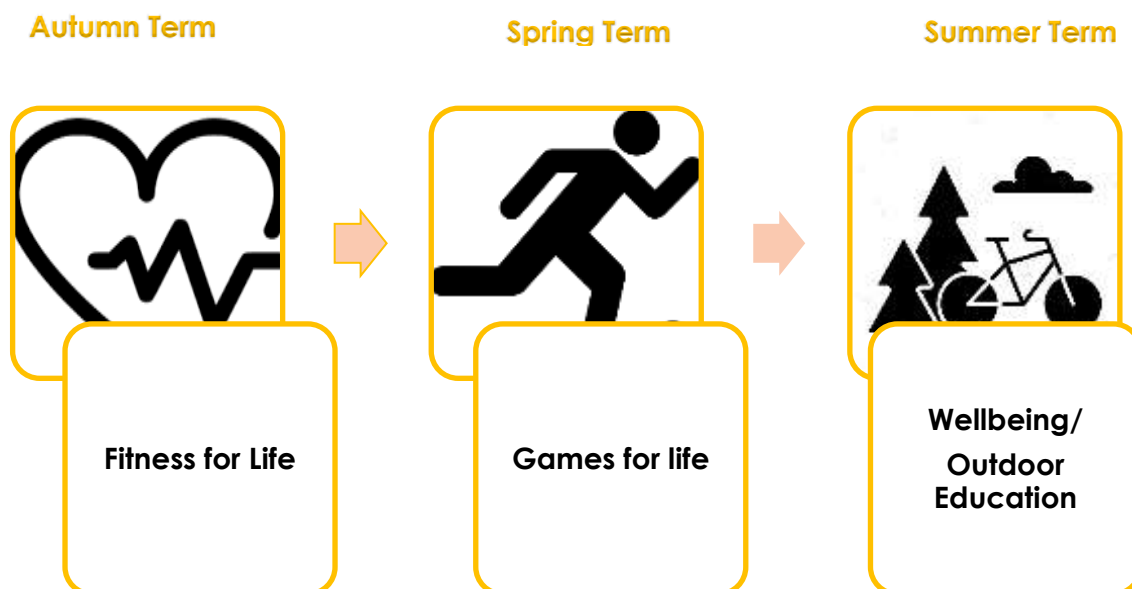
The intent of our PE curriculum is to deliver a curriculum which is accessible to all and will inspire happy confident independent learners who are prepared for adulthood. Through their PE lessons they will be given the skills and confidence to understand how they can exercise and participate in a range of activities to keep themselves healthy. Learners will be given the opportunity to use local and community facilities so that they can exercise whilst outside of college. Learners will have a creative approach to PE sessions, where they have opportunities to express themselves and develop their thoughts and ideas, analyse the performance of themselves and others in order to improve skills and techniques required for a sport. Be given leadership opportunities both informally and through recognised qualifications in which they are encouraged to work in a team, build on trust and develop skills to solve problems, either individually or as a group. Be encouraged to persevere in a range of challenging situations in order to build resilience. Learners will be encouraged to Increase their fitness levels by engaging in physical activity for a sustained period of time.

 <p>Careers</p>	<p>Personal Trainer, umpire, referee, sports writer, sports anchor, event coordinator.</p>
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 <p>Qualification Next Steps</p>	<p>BTEC Sport and Active Leisure. UK Caching Awards. Sports leaders Award. WJEC Healthy Living and Fitness.</p>
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Learning Journey



SOW	
Autumn Term	<p><b>Unit Summary: Fitness for Life</b> Learners will experience a range of fitness classes which could be accessed on or off site (couch 2 5km, boxercise, dance, circuit training, gym/swim etc) They will have opportunities to develop cardiovascular and muscular endurance. Learners will take part in activities to develop knowledge around health and fitness and the importance of these in everyday life. Learners will have leadership opportunities within a fitness environment</p>
Spring Term	<p><b>Unit Summary: Games for life</b> Learners will experience a range of team games (Basketball, handball, football etc) Learners will take part in a range of Individual sports (Tennis, Badminton, Volleyball). There are opportunities to lead small group skills practices and develop individual skills related to the components of fitness and skill related fitness. Learners will have opportunities to officiate in team and individual sports and learn the correct warmup and cool down techniques and the importance of this.</p>
Summer Term	<p><b>Unit Summary: Wellbeing/Outdoor Education</b> Learners will experience having access to training in the local environment including exercising at free sites (such as local parks, running track, local outdoor gyms) Learners will enjoy walking/running in the outdoors. Taking part in athletic activities using a range of equipment. Learners will gain knowledge of the local area and available sports wellbeing opportunities. There will be Outdoor education opportunities where appropriate.</p>