

CURRICULUM INNOVATIONS TO IMPROVE WELLBEING

A LIFESTYLE CURRICULUM

Penryn College in Cornwall amalgamated Physical Education and PSHE into a single, lifestyle curriculum that focuses on health and wellbeing and in doing so has bucked the national trend of decreased curriculum time for PE.

Students now use the consolidated time in their curriculum to:

- Understand the importance of physical activity, health and wellbeing
- Experience a variety of activities to promote lifelong participation
- Develop personal, social and thinking skills through physical activity
- Apply these across all lessons.

The PE curriculum is a space-driven curriculum to ensure that classes are fully engaged in the practical lesson. All classes have at least one unit in each space and over the year students are assessed in:

- Skills in isolation
- Linking skills
- Performance in a competitive situation
- Personal and social skills
- Knowledge
- Research
- Self-motivation
- Collaboration
- Self-management
- Communication
- Resilience
- Empathy and managing challenge.

Meanwhile, the theory-based sessions are often delivered in a practical setting, and across the page is a flavour of what is covered at Key Stage 3.

As well as increasing physical activity levels and participation in extra-curricular 'lifestyle' activities, the programme has:

- Improved teaching and learning in PE and PSHE through the targeted use of CPD
- Increased the engagement of lower-ability students
- Increased the popularity of both subjects with students
- Started to have a measurable impact on both student and staff wellbeing.

YEAR 7

Unit 1 - Health and Body Conditioning

- Smoking
- First aid
- E-safety - mobiles
- Anti-bullying support group
- Body management

Unit 2 - Growing Up and Body Conditioning

- Growth mindset
- Alcohol effects
- Alcoholism
- Puberty changes
- What should I expect at puberty?
- Relationships - friends and families

Unit 3 - Leadership

- Qualities of being a leader
- Cooperation skills
- Leadership skills

Unit 4 - Future and Outdoor Activities

- Money
- Budgeting
- Careers
- Sun and beach safety
- Challenge through outdoor activities
- Resilience through outdoor activities

YEAR 8

Unit 1 - Health and Community

- Active lifestyle - effects of exercise
- Healthy heart
- Obesity
- Legal ages
- Mignonette
- Court room drama - fire
- E-safety - cyber abuse
- Body management

Unit 2 - Choices and Leadership

- Qualities of being a leader
- Cooperation skills
- Leadership skills - leading
- Leadership skills - planning

Unit 3 - Our Bodies and Outdoor Activities

- Skin cancer and beach safety
- Relationships - consent
- Contraception
- Advice from Brook
- Long and short-term effects of exercise
- Drugs - YZUP
- Drugs research
- Challenge through outdoor activities
- Resilience through outdoor activities

YEAR 9

Unit 1 - Streetwise and Body Management

- Mental health and wellbeing
- Stop stigma
- Relationships
- Brook questions
- Drugs - YZUP risk reduction
- Careers - jobs and courses available
- Careers - options

Unit 2 - Choices and Leadership

- What is leadership?
- Developing an opinion
- Resilience
- Practical with younger children

Unit 3 - World View and Outdoor Activities

- Alcohol safety
- E-safety - sexting
- Body image
- Human rights
- Child soldiers
- Slavery
- Sun and beach safety
- Challenge through outdoor activities
- Resilience through outdoor activities

YEAR 10

Unit 1 - Introduction to the World of Work

- What are the jobs we know about?
- What is available in the local area?
- What sorts of stereotypes may we need to challenge in the world of work?
- What have past students gone on to do?
- My own skills audit
- What sort of jobs could I do?
- How do I use the Cornwall-wide Veryan website?
- How can I let employers know about me?

Unit 2 - Keeping Healthy, Keeping Safe

- Homelessness
- Sexual Health
- Alcoholism
- Drug use
- Falmouth Fire and Rescue Service
- Planning my research
- Writing my Questionnaire
- Analysing my results
- Presenting my results to others

Unit 3 - Work Experience

- Am I prepared?
- What happens if...?
- What will the first day be like?
- Work Experience
- Reflections

Unit 4 - Diversity

- Sexism and different sexualities
- Racism
- Disabilities
- Emotional health
- Aids/ HIV
- Mindfulness

YEAR 11

Unit 1 - Personal Finance

- Financial systems
- Earning
- How we spend
- National budget
- Borrowing
- Sources of help and advice

Unit 2 - Post 16 Pathways

- Initiating conversations with adults about career pathways
- LMI in the South West
- College prospectuses

Unit 3 - Global Economy

- Glossary of terms
- Rich world/Poor world
- Poverty Case studies
- Solutions Case studies

Unit 4 - Applications and CVs

- Completing CVs
- Applying for college places
- Interviews

Unit 5 - Health and Morals

- Keeping healthy and well: Mindfulness
- Moral and ethical issues
- Fitness
- Eating well

