

Core PE & Lifeskills

PE

At Penryn College, helping our students maintain a healthy active lifestyle is very important. This includes maintaining good mental health, keeping active in fun and creative ways, but importantly making it unique for every student. The KS4 PE curriculum will give the students an opportunity to explore and identify ways they can maintain positive wellbeing, at an important point during their journey at Penryn college. With the intention when they leave Penryn they have the skills & knowledge to maintain a healthy and active life.

Students will be assessed each term on their commitment to wellbeing. Students will evidence on their ipads how they are developing their understanding of the 5 key wellbeing themes; Connect, Be Active, Give to others, Take Notice & Keep learning.

Lifeskills

- Articulate emotional wellbeing, explain the features of mental health and ill-health, evaluate different sources of support.
- Assess how to sensitively, safely and appropriately respond to increasingly nuanced scenarios in relation to unhealthy relationships behaviour, including abuse, discrimination, violence and online encounters.
- Demonstrate and explain the importance and relevance of, a range of employability skills in new and varied contexts (work experience).

		Working Towards Target	At Expected Target	Above Expected Target	Test grade
Term 1	Commitment to Wellbeing				
	Lifeskills Knowledge				
Overall unit performance					
FFL:	Meeting behaviour for learning standards	Actively engaged in the learning			
Achieved:					

		Working Towards Target	At Expected Target	Above Expected Target	Test grade
Term 2	Commitment to Wellbeing				
	Lifeskills Knowledge				
Overall unit performance					
FFL:	Meeting behaviour for learning standards	Actively engaged in the learning			
Achieved:					

			Working Towards Target	At Expected Target	Above Expected Target	Test grade
Term 3	Commitment to Wellbeing					
	Lifeskills Knowledge					
Overall unit performance						
FFL:	Meeting behaviour for learning standards	Actively engaged in the learning				
Achieved:						