

Core Yr 11 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. In year 11 students will focus on applying their knowledge of how to maintain a positive wellbeing. During exam pressures and as students make decisions for post 16 studies students will find the PE curriculum a supportive environment to aid positive wellbeing.

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. Students will be expected to share evidence on their I pads on how they are maintaining a balance across all areas.

Lifeskills Knowledge

- Evaluate the safety of health and wellbeing choices and manage pressure and influence affecting such decisions.
- Strategies to manage changing relationships, loss and bereavement
- Assess financial risk in relation to different choices and can assess and manage influences on financial decisions.

			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:					