

KS4 Curriculum handbook subject page

Subject: Wellbeing

Syllabus:

We offer a wide range of activities in line with the National Curriculum which states that students must develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities and lead healthy, active lives.

What will I learn?

Students will engage in challenging and demanding physical activities. They will participate in a diverse range of activities that build personal fitness and encourage an active, healthy lifestyle.

Students will;

- Employ and refine various tactics and strategies to defeat opponents in team and individual sports (e.g., badminton, basketball, dodgeball, football, netball, pickleball, rounders, cricket, and tennis).
- Develop technique and enhance performance in competitive sports.
- Participate in fitness sessions to plan and track their own training programmes and develop their technique with performing resistance activities in the fitness suite.
- Evaluate their performance against previous attempts and demonstrate improvement across various physical activities to achieve their personal best.

How will I be assessed?

There is no in assessment in wellbeing lessons.

How will this prepare me for my next steps?

Wellbeing lessons will provide students with a range of transferrable skills that can be adopted into any future career, whether it's confidence, hardworking, working as part of a team, problem solving or a general knowledge and understanding of their own personal fitness, students will be able to transfer these skills into any future employment.

Careers/job ideas

Studying sport can give you a whole host of exciting career options that include:

- Teacher
- Personal Trainer
- College, University lecturer
- Physiotherapist

- Sports Coach
- Sports Journalist
- Professional Athlete