## **Highfield School: Health Overview**



At Highfield our intent of teaching of the health curriculum is to give pupils the tools and understanding required to make a positive impact in their own physical health and well-being. We want all pupils to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices

### PE

Highfield School follows the National Curriculum and the AFPE for the teaching of Physical Education as a guideline. This has been adopted to suit the needs and requirements of the children at our school and to ensure continuity, progression, and inclusion.

PE units of work covered:

Swimming	Bikes	Basketball
Table tennis	Cricket	Multiskills
Badminton	Rounders	Polybat
Bowling	Athletics	Table Cricket
Cricket	Football	Yoga
Trampolining	Rugby	Gymnastics
Health & Fitness	OAA	Parkour
Boxercise	Golf	Boccia
Curling	Netball	Volleyball
OAA		Non-traditional ga

## **Sensory & Emotional Health**

- 1:1 and small group interventions
- Talk About sessions focused on developing social and emotional communication skills
- Personalised sensory activities
- Social stories to support understanding
- Stride sessions
- Sessions focused on healthy relationships
- Sessions focused on recognising and managing emotions

## Intent

Our curriculum promotes enjoyment of learning through creativity, purpose, and relevance. This will provide opportunities to cooperate and collaborate with others as well as part of a team, understanding fairness and equity of play to embed lifelong values and choices. We aim to deliver high quality teaching and learning opportunities that inspire all children to succeed in healthy activities.

At Highfield School, we believe that, through a broad and balanced curriculum, children have the opportunities to maximise potential for confident and independent futures.

# <u>Implementation</u>

Health is delivered at Highfield through the following programmes:

## Accreditation

- BTEC PE
- Sports Leaders Award
- WJEC Healthy Living and Fitness

#### **Health and Fitness**

- Weekly health and fitness sessions.
- Promotion of cardiovascular activities
- Supported Physio sessions
- Opportunities to explore and make healthy meals
- 1:1 or small group fitness interventions
- Fitness lunch clubs
- Personal care and hygiene sessions
- Opportunities to have a regular personal hygiene routine in school
- External visitors such as dentists, school nurses
- Personal Care
- Hair & Beauty

## PHSE

- what is meant by a healthy lifestyle?
- how to maintain physical, mental, and emotional health and wellbeing
- how to manage risks to physical and emotional health and wellbeing
- ways of keeping physically and emotionally safe
- about managing change, including puberty, transition, and loss
- how to make informed choices about health and wellbeing and to recognise sources of help with this
- how to respond in an emergency
- to identify different influences on health and wellbeing

To make a significant difference to the health and achievement of children and young people. Promoting the links between health, behaviour and achievement; it is about creating healthy and happy children and young people, who do better in learning and in life.

We want all children and young people to be healthy and achieve at school and in life. We believe that by providing opportunities at school for enhancing physical and emotional health and wellbeing, we will improve long term health, reduce health inequalities, increase social inclusion and raise achievement for all.