

## Health and Wellbeing

### Health and Wellbeing Curriculum

#### Our Health and Wellbeing Aims

Health & wellbeing should inspire all students to be able to make sustainable decisions about leading healthy and active lifestyles. It should provide opportunities to develop physical, social and mental health and wellbeing in preparation for life in modern society.

It should provide opportunities for our students to become more physically competent in ways which support their health, fitness and wellbeing. Students should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life. Students should understand the impact of leading a healthy lifestyle and apply the long-term health benefits of physical activity. They should be able to make choices about lifestyle in modern society that improves their life expectancy and ensures they make positive contributions to their community.

Our curriculum offers all students the chance to compete in sport and physical activity which will build character and help to embed values such as teamwork, fairness and respect. They will receive taught curriculum time on how to lead a healthy lifestyle. They will also be taught how to be safe and responsible when engaging in common physical activities such as cycling and swimming. Health and Wellbeing will improve movement competency and should inspire all students to succeed and excel in competitive sport and other physically-demanding activities in pursuit of their personal best. Students should understand what makes a performance effective and how to apply these principles to their own and others' work.

#### Why is the study of Health and Wellbeing important?

In the North East every year thousands of people die from a range of ailments such as cardio-vascular disease. An unhealthy lifestyle often presents a significant risk factor to these ailments that lead to premature death or restrict the quality of life, limiting routine daily activities without care and support. Ongoing reports from public health and other independent sources shows how these risk factors disproportionately affect people in the North East. They describe the distribution of ill health and deaths due to an unhealthy lifestyle, showing clearly how it has a greater impact on those people living in socially and economically disadvantaged communities.

Many of the risk factors; obesity, smoking, physical inactivity, excessive alcohol consumption and poor diet – are more common in the NorthEast region compared to England as a whole. These factors, many of which are controllable, have a massive impact on public finances. There are a range of evidence-based services – including the NHS Health Check programme, the NHS Diabetes Prevention Programme and NHS Stop Smoking Services – that aim to identify those at high risk of future diseases and support them to adopt a healthier lifestyle. There is also a challenge to create a society and an environment where it is easier to make healthy lifestyle choices. This can be achieved by building and creating an environment where it is safer and more enjoyable to take regular physical activity, where healthy food choices are readily available in every community and where ‘smokefree’ is the norm. It is our moral duty to implement this as a taught curriculum in our schools, in order to positively affect the next generation.

### **What skills will the programme of Health and Well-Being teach you?**

Health and Well-Being applies knowledge, skills and understanding from within the subjects themselves, and also a wide range of other sources such as science and mathematics. The Health and Well-Being programme will teach and support you in 6 fundamental principles:

- How to achieve and maintain a healthy body weight
- Improving coordination and motor skills
- Improving the quality and quantity of sleep
- Reducing the risk of depression and mental health issues
- Helping build healthy bones, joints and muscles
- Improving self-esteem and self-confidence

### **Further aspects through the different disciplines of the course will support the following:**

- Developing resilience by not being afraid of challenges when solving problems, but to break them down and keep trying.
- Being creative in developing solutions to real world problems.
- Understanding the qualities of leadership and demonstrating these skills
- Understanding and applying the principles of nutrition and health.

### **What will you know and understand from your study of Health and Well-Being?**

- Healthy and varied diets as depicted in the eat-well plate and 8 tips for healthy eating.
- To explore the origin and product of food products and ingredients.
- To study a range of food commodities eg. cereals, fruits, vegetables, meat, fish, eggs, fats/oils, milk dairy food products.
- How our body can be used to express emotions
- Investigate and experience how the body responds to different types of exercise.
- How certain activities are accessible to all, are low impact and contribute to mindfulness e.g. Yoga/ Pilates
- Why and how we 'warm up and cool down'
- How our body changes as we get older
- How we assess risks and are active whilst being safe
- How we work productively in teams and how to lead others successfully
- Where, and how, we can maintain and active lifestyle outside of school

### **How does your study of Health and Well-Being support your study in other subjects?**

Health and Well-Being develops a number of skills that will support your study of other subjects, as so many of the skills you will acquire in Health and Well-Being are transferable. HWB disciplines will develop your focus, resilience, self-expression, teamwork, problem solving and communication skills, which will help you in all of your other subjects. It will give you an opportunity for creative expression and practical thinking and encourage you to think about how to improve your health, keep you safe and encourage healthy eating etc. Some students may take this even further and discover a subject that provides them with a life-long hobby or career that enhances their life for years to come. All students will gain an understanding of healthy diets, sports and coaching etc. The ability to think creatively, work in teams and problem solve are crucial in Engineering, Mathematics and Science. It will foster an interest and skill in leading a healthy lifestyle and may lead to study of subjects such as catering, science etc.

### **How can you deepen your understanding of Health and Well-Being?**

To enhance your work in lessons, there will be times when we explore the professional workplace and wider design practices and materials. This will deepen your understanding of professional work and introduce you to new techniques and ideas.

You will also have the opportunity to deepen your understanding of HWB disciplines through extracurricular opportunities, where you can continue to develop your creative ideas, or coach and participate in physical activity.

Occasionally, there will be opportunities to enter Regional or Trust competitions to gain additional experiences.

### **How are you assessed in Health and Well-Being?**

Throughout Year 7 and 8 students are given an 'effort only' grade at Praising Stars. The whole programme has a fundamental basis in experience and understanding, relative to an individual. It is a lifelong spectrum and not something that should be assessed, at Key Stage 3, in a formal sense. Students will have the opportunity to participate in the 'Sports Leaders Award', an accredited, national qualification.

At the end of Year 8 students will opt for one Health and Well-Being subject (vocational), to be certified in Y10/11. The current offer of such subjects include; Hospitality and Catering, Sport and Coaching and Health and Social Care. These suite of qualifications may be extended over time depending on the context of an individual academy. Please see the outline of these qualifications on our curriculum pages.