Cross- Curricular Links

Sport

See long term plan for sports- whole program is based on physical education.

RSHE

Healthy lifestyles are learnt about with the impact of physical health vs mental health being covered.

Sessions are discuss addictions to substances such as dugs, alcohol and nicotine and the affect they have on the body.

Changes of the body during puberty and learnt about and the function of different body parts.

Catering

Fine motor skills are developed through chopping, cutting and preparing food.

The affect of different food types on the body, linking to different types of jobs.

The impact of having a healthy diet and lifestyle, including calories in and out.

Exploring different types of nutrition linking to exercising.

Digital Functional Skills

The development of fine motor skills through typing and use of the mouse to navigate way around. This will increase in speed over a period of time.

Hand-eye coordination and improved reaction time when playing games/E-Sporting.

Physical



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Construction

Staying safe with manual handling.

The impact of physical labour on the body.

Both fine and gross motor skills will be developed during the practical nature of the subject. Coordination and precision when drawing designs and plans to improve accuracy.

Physical fitness in the construction industry as a career.

Art

The development of fine motor skills over a period of time by using different tools, pencils, and other art equipment for various different outputs. To execute different techniques with an increasing level of accuracy over time to improve dexterity.

Safe lifting and coordination to organize resources.

Extra Curricular Activities and Duke of Edinburgh Award

Students have access to a range of different offsite visits and extra curricular activities. These will develop a whole range of different skills, depending on the activity. Experiences include: football tournaments, AP Olympics, go karting, driving experiences, snooker and golf, axe throwing, basketball, fit farm, strong man, residential outward bounds and sailing trips. After school gym sessions are offered.

For the D of E award, the students will complete a whole element on 'physical' activities, tailored to their preferences and interests.

Functional Skills

Developing fine and gross motor skills through a range of mark making activities.