

Healthy Active Lifestyles

“Victory is in having done your best. If you’ve done your best, you’ve won.” – Bill Bowerman

Staff and role:

Tyler Price – Head of Department

Sarah Beswick – Teacher of HAL / Assistant Principal - Personal Development

Lisa Bowker - Teacher of HAL / Associate Assistant Principal/SENDCo

Steve Lilwall – Teacher of HAL

Andrea Ferguson - Teacher of HAL / Educational Visits Co-ordinator and UNICEF Lead

Rikki Prince – Teacher of HAL / Extra Curricular Co-ordinator

Sylwia Zalubka – Teacher of HAL

Curriculum Intent Statement:

Healthy Active Lifestyles will develop learners physical, mental and social well-being through a broad, balanced and aspirational curriculum. Our curriculum aims to engage and create opportunities for pupils to participate in areas of learning based on movement, leadership, knowledge, decision making and positive mindset, these areas remove any barriers that pupils may face. This will be taught practically through inclusive and inspirational teaching, where learners engage in a broad range of physical activities and experiences, to promote physical literacy and understanding. Our aim is that, by the time all learners leave school after Year 11, they will have the knowledge, skills and confidence to look after their bodies and minds to live along, healthy and happy life.

Our Healthy Active Lifestyles curriculum will give learners the opportunity to:

- Develop physical literacy and explore how their body moves.
- Develop transferable and sport-specific physical, technical, and tactical skills.
- Gain and develop interpersonal skills that learners will need throughout later life.
- Understand how to lead a healthy, active lifestyle.
- Be part of a team and develop their respect and sportsmanship – have pride and honour in representing the school in various sporting events.
- Experience a variety of opportunities and experiences through sport and physical activity.

Assessment

Learners are assessed in two areas:

Formative assessments – These assessments are conducted throughout the academic year to monitor student progress and provide feedback. In Healthy Active Lifestyles, learners are given feedback throughout the lesson. This is instant based on the performance of pupils. A teacher often combines their feedback with a demonstration.

Summative assessments – These assessments are conducted at the end of a scheme of work or term to measure student learning and achievement. Learners are assessed and given feedback in three areas; Head, Heart and Hands.

Extra Curricular Opportunities

Football Year 7-8, 9-11 and Girls

Basketball all years

Dodgeball KS3

Cricket KS3

Dance KS3

Netball KS3

Contact:

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NINESTILES HEALTHY ACTIVE LIFESTYLES DEPARTMENT LEARNING JOURNEY

