

**Area of Learning Information – Wellbeing**

**Subjects**: PE, PSHCE, NiddVenture

**Staff:**

Jenny Kay Director of Learning, Wellbeing and Teacher of PE & PSHE

Scott Barrass Teacher of PE & PSHE

Vikki Wilcock Teacher of PE and Drama

Pete Couldwell Teacher of Outdoor Eduction (NiddVenture) & PE

Heather Tuffs Outdoor Education (NiddVenture) Tutor

Vacancy Teacher of PE (maternity cover)

**PE**

At KS3 all students have 2 hours per week of PE covering a range of physical activities. Classes are taught in both single gender and mixed gender groups to provide appropriate levels of support and challenge to meet identified needs.

At KS4 most students have 2 hours per week of PE with some students who follow additional science courses dropping one session of PE.

At GCSE, PE is a popular and extremely successful course. All members of the AoL are involved in delivering extra-curricular activities and fixtures.

**PSHE**

All students are taught 1 hour per fortnight of PSHE and RSHE. The PSHE programme includes the school's Flourish curriculum focusing on tools for self-regulation, including mindfulness. In Years 7-10 all students have the opportunity to take part in an additional Flourish / Well-being activity involving a range of physically and academically challenging options from basketball and bushcraft to Japanese and coding. The Well-being AOL take a significant role in staffing this programme.

**NiddVenture**

The school is committed to enhancing the curriculum through outdoor learning opportunities.

Our NiddVenture team lead a range of full year and short courses for students requiring additional support or short-term intervention. Curriculum links are being developed with every subject to bring the benefits of learning outside the classroom into all academic subjects. So far maths, German and geology have benefited from this curriculum enhancement.