

Curriculum for Health

'Healthy Bodies, Healthy Minds – Promising Futures'

Good health and wellbeing is essential for successful learning and happy lives for children and young people.

How we feel about ourselves and others influences everything we do. It has a huge impact on learning and success in life. Oasis Academy Blakenhale recognises this. Our Health Curriculum emphasises the importance of nurturing learners to help them develop the knowledge and skills they need for positive mental, emotional, social and physical wellbeing at school and in their everyday lives which will be sustained into adult life.



School should be a caring environment that enables learners to develop confidence and positive relationships based on mutual respect and to gain knowledge to make healthy lifestyle choices. Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions.

PERSONAL DEVELOPMENT, BEHAVIOUR & WELFARE

PROVISION MAP: PE/SPORT/PATHS

The PATHS® curriculum is a comprehensive program for promoting emotional and social competencies and reducing aggression and behaviour problems in primary school-aged children while simultaneously enhancing the educational process in and out of the classroom. This innovative curriculum is designed to be used by educators in a multi-year, universal prevention model. Although primarily focused on the school and classroom settings, information and activities are also included for use with parents. At Oasis Academy Blakenhale Infants and Junior, we pride ourselves on delivering an innovative curriculum that encompasses the 'whole' child. Our partnership with FHSchools, delivering bespoke health and well-being programmes, vastly supports the development of social, emotional and mental health competencies within our pupils.

Provision	Providing Alternative Thinking Strategy (PATHS) Attribute										Evidence
	Self-control	Self-responsibility	Logical reasoning (reasoning: if, then, why, because...)	Managing own behaviour	Setting goals Personal/ Team led	Social problem solving - Prevent and/or resolve problems/ conflict	Social problem solving - Stopping and thinking/ generating alternative solutions	Social problem solving - Planning, executing and evaluating	Collaboration - Peers & adults	Team-work	
Physical Education (PE)											
Boxing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> National Fitness Day Photographs-a.m. sessions Case studies SB FHS database outcomes
Dance	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Movement	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Fitness	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Gymnastics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Sport											
Multi-skills	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> Photographs-a.m. sessions Case studies SB FHS database outcomes
Tag-Rugby	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Badminton	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Enrichment											
Running	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> Competitions Testimonials Photographs
G&T Girls	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Multi-skills	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Football	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	

Ofsted Links (aspects evident in our provision)	
Outstanding	<ul style="list-style-type: none"> Pupils are confident, self-assured learners. Their excellent attitudes to learning have a strong, positive impact on their progress. They are proud of their achievements and of their school. Pupils discuss and debate issues in a considered way, showing respect for others' ideas and points of view. Pupils are self-disciplined. Incidences of low-level disruption are extremely rare. The school's open culture actively promotes all aspects of pupils' welfare. They make informed choices about healthy eating and fitness.
Good	<ul style="list-style-type: none"> They enjoy learning about how to stay healthy and about emotional and mental health. Pupils show respect for others' ideas and views.

Good health and wellbeing is central to effective learning and preparation for successful independent living for all young people. It is the shared responsibility of everyone who has contact with children and young people to create this supportive environment to aid learning and foster good health and wellbeing.

Our health curriculum covers areas such as; physical education, food and health, substance misuse, relationships, social and life skills, development and maturity of each individual child and our own core values. As a result, children will believe our pupils will be more self-assured and will have more awareness of the effect their actions have on others. They will be supported to gain knowledge, understanding, skills and capabilities to help them feel more informed about making healthy lifestyle choices now and in the future. Learning in and through health and wellbeing will help establish patterns of daily healthy activity which is likely to lead to improved health outcomes in adult life.



