



*'Individual Growth, Individual People'*

Head Teacher: Mrs M A Tyers

## P16 A

	<b>Autumn A</b>	<b>Spring A</b>	<b>Summer A</b>
English	WSP Non-Fiction Functional Skills GCSE Follow accreditation syllabus	WSP Fiction Functional Skills GCSE Follow accreditation syllabus	WSP Key Skills – focus on areas that need consolidation Functional Skills GCSE Follow accreditation syllabus
Maths	WSP Number and Using and Applying Functional Skills GCSE Follow accreditation syllabus	WSP Number and Problem Solving/ Data Handling Functional Skills GCSE Follow accreditation syllabus	WSP Number and Shape and Space Functional Skills GCSE Follow accreditation syllabus
Careers	Strengths and Work Related Learning Managing progress and recognising how strengths are changing	My Career Plans Explore businesses and personal career progress	Enterprise and Independence Plan and improve employability
Life Skills	To be at least one lesson a week using the life skills booklets as a guide and included in all subject teaching as appropriate.		
ASDAN PSD	Healthy Living Community Action	Working Towards Goals (link to Careers) Managing Social Relationships (link to SMSC)	Using Technology in the Home and Community
RSE Curriculum content (links to ASDAN PSD)	<b>Healthy living unit</b> Covers content for RSE strands: <ul style="list-style-type: none"> <li>Mental health and wellbeing</li> <li>Physical health and fitness</li> <li>Healthy eating</li> <li>Drugs, alcohol and tobacco*</li> <li>Health and prevention*</li> <li>Intimate and sexual relationships*</li> </ul> <b>Community action unit</b> Covers content for RSE strands: <ul style="list-style-type: none"> <li>Mental health and wellbeing</li> </ul>	<b>Managing social relationships unit</b> Covers content for RSE strands: <ul style="list-style-type: none"> <li>Mental health and wellbeing</li> <li>Internet safety and harms</li> <li>Families*</li> <li>Respectful relationships*</li> <li>Online and media*</li> <li>Intimate and sexual relationships*</li> </ul>	<b>No specific RSE curriculum content</b>

RSE Curriculum ongoing skills	<ul style="list-style-type: none"> <li>15 minute daily mindfulness sessions, e.g. guided imagery, meditation, mindfulness colouring</li> <li>Weekly mindfulness session to practise and introduce new techniques, students to explore different ways to occupy themselves in their free time (link to lifeskills curriculum)</li> </ul>		
PE	<b>Invasion Games (badminton, basketball, cricket, football)</b> <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</li> <li>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> </ul>	<b>Dance/ Movement</b> <ul style="list-style-type: none"> <li>perform dances using a range of movement patterns</li> <li>perform dances using advanced dance techniques within a range of dance styles and forms</li> <li>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> </ul>	<b>Athletics, Net and Wall Games</b> <ul style="list-style-type: none"> <li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</li> <li>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> </ul>
Life Skills	<b>Travel Training Mindfulness Team Challenge</b>	<b>Travel Training Mindfulness Team Challenge</b>	<b>Travel Training Mindfulness Team Challenge</b>
Vocational (Lifeskills Challenge accreditation)	DT Life Skills Craft Fitness Wildlife? Work Experience/ Horticulture? Art Bike Maintenance Health and Beauty	DT Life Skills Craft Fitness Wildlife? Work Experience/ Horticulture? Art Bike Maintenance Health and Beauty	DT Life Skills Craft Fitness Wildlife? Work Experience/ Horticulture? Art Bike Maintenance Health and Beauty
Enrichment	Craft Fitness Drama Music Sensory	Craft Fitness Drama Music Sensory	Craft Fitness Drama Music Sensory

Educational Visits			
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\*additional content to the unit (see RSE curriculum breakdown for details)