

KS3 Wellbeing

Intent

We aim, through different opportunities and activities, for pupils to build a sense of belonging and self-worth, provide an opportunity to share positive experiences and to help build self-esteem and confidence by taking part in a relaxed and less structured atmosphere.

It will also provide an opportunity for some pupils to actively engage in physical activity at the start of the school week.

Implementation

Pupils will take part in 1 x 45 min session per week. Sessions are largely pupil led, choosing from a range of activities such as gardening, table tennis or just walking in the school grounds. In some cases pupils will be encouraged to take a leadership role such as selecting teams in basketball etc.

Where necessary pupils with less ability or who lack confidence will be supported by a TA.

Impact

Physical activity is an essential part of a healthy lifestyle. Linked to other positive lifestyle choices, it promotes good physical health and contributes to pupil's emotional and social wellbeing.

Although no assessment grade is given we take attendance, attitude to learning, perseverance (resilience) and teamwork into consideration when providing data for pupil's progress.

Our wellbeing programme is very popular with students who enjoy making choices in less formal and structured lesson.