

School mission

Pupils will learn:

- about the world
- to be effective in the world
- To be confident, caring, citizens

Sixth Form

Communication

Maths & cognition

Healthy Life

Home Life

Creative Life

Social Life

Professional Life

Active Life



Active Life

Curriculum Overview and Long Term Plan 2023



Sixth Form



Intent: breadth of learning

6F

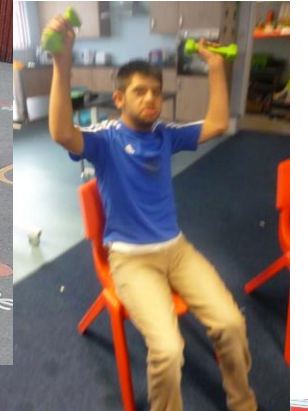
the provider's curriculum is coherently planned and sequenced towards cumulatively sufficient knowledge and skills for future learning and employment

a curriculum that is ambitious and designed to give all learners ... the knowledge and cultural capital they need to succeed in life

learners are ready for the next stage of education, employment or training.

Breadth (knowledge):

- Walking [at Linnet & school](#)
- Running [at Linnet & school](#)
- Home fitness videos/programmes
- Dancing
- Cycling
- Using a gym
- 10 pin bowling
- Team games
- Outdoor activities
- Bird watching
- Nature Study
- bowling



Intent: depth, organisation & sequencing of learning

a curriculum that is ambitious and designed to give all learners ... the knowledge and cultural capital they need to succeed in life

learners are ready for the next stage of education, employment or training.

the provider's curriculum is coherently planned and sequenced towards cumulatively sufficient knowledge and skills for future learning and employment

We are focusing on promoting an 'active life, for life'. We are deliberately keeping the activities as accessible as possible to ensure that the minimum support is necessary in adult life to optimise the likelihood of students being able to continue with a healthy, active life for physical and mental wellbeing.



Skills:

- Identifying options, strengths and needs
- Following safety instructions/rules
- Gross motor skills and co-ordination
- Keeping going
- Technical activity skills



INTENT

Personal Growth and Wellbeing in Active Life

- **Self-Awareness** (Me, who I am, my likes, dislikes, strengths and interests)
Expressing my identity through physicality
- **Self-care, Support and Safety** (Looking after myself and keeping safe; aspects of Relationships and Sex Education.)
Safe practice and keeping healthy through exercise
- **Managing Feelings** (Understanding feelings, and that how I feel and how others feel affects choices and behaviour; aspects of Relationships and Sex Education)
Feeling good through exercise
Releasing energy through exercise
- **Changing and Growing** (How I and others are changing; new opportunities and responsibilities; aspects of Relationships and Sex Education)
Developing stamina
- **Healthy Lifestyles** (Being and keeping healthy, physically and mentally)
Feeling healthy through exercise
- **The World I Live In** (Living confidently in the wider world)
Awareness of Active Options – what do other people do to exercise?



Active Life – Curriculum Cycle

Key repeated themes	Raising heart beat / breathing rate Stretches Walking for health and wellbeing					
Ongoing individual opportunities	Hydrotherapy Sixth Form Residential					
Term>>	1a	1b	2a	2b	3a	3b
Yearly Cycle>>	Walking / Bike Track	Keep fit videos /dance	Walking	Gym /dance	Walking / Bike Track	Sports /dance