



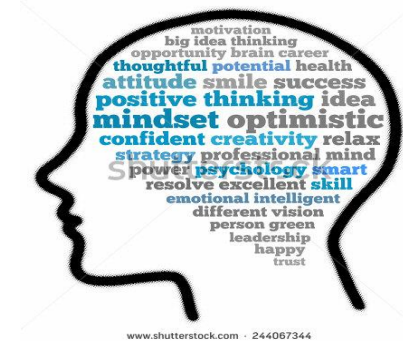
SAINT JOHN WALL CATHOLIC SCHOOL

A Catholic School For All



Curriculum Intent: “To educate each and every unique child in our care to hear and respond to what God calls them to be”.

Lifestyle Lessons



Lifestyle lessons

Knowledge, skills and good habits for positive health and well-being in the future. Year 7 and Year 8, 1 lesson per week.

Three main themes to be covered in rotation during the course of the year, pupils study each theme twice during the year.				Life skills – all lessons compulsory for all pupils (this covers aspects of citizenship, British values, careers, PSHE and family life education). Visiting speakers welcome.	Healthy mind <ul style="list-style-type: none"> Helping pupils decide how to spend their leisure time away from computers/ phones. Pupils choose from a range of activities listed below.	Healthy body <ul style="list-style-type: none"> Supporting pupils to make healthy choices and include keep fit in their lives. Pupils participate in a range of activities from the list below.
Rotation	S	J	W	<ul style="list-style-type: none"> Money matters Crime and the law Democracy Family life <p>The topics taught are developed and adapted based on the national curriculum, pupil needs and levels of development, community issues and school priorities.</p>	Stewardship <ul style="list-style-type: none"> Gardening Litter picking Re-cycling Pet care Individual wellness <ul style="list-style-type: none"> Crafting Puzzles Jigsaws Team wellness <ul style="list-style-type: none"> Beetle drive Scrabble Uno Connect 4 Reading/ numeracy intervention <ul style="list-style-type: none"> Identified intervention pupils Use of crafts/ games to be incorporated into the intervention activities <p>Elements of literacy and numeracy can be built into these activities.</p>	Health and fitness <ul style="list-style-type: none"> Personal fitness goals Heart rate Gym type activities – rowing machine, circuits etc. Aerobics videos Team sports <ul style="list-style-type: none"> Weather dependent, but different to core PE 'Party/ family' games e.g. wink murder, fruit salad Individual sports <ul style="list-style-type: none"> Walking/ running/ fitbit type activities Basic first aid <ul style="list-style-type: none"> CPR/ recovery position Bandages/ sprains Dealing with minor cuts and burns
Au1	Life skills	Healthy mind	Healthy body			
Au2	Healthy mind	Healthy body	Life skills			
Spr1	Healthy body	Life skills	Healthy mind			
Spr2	Life skills	Healthy mind	Healthy body			
Sum1	Healthy mind	Healthy body	Life skills			
Sum2	Healthy body	Life skills	Healthy mind			