**AoLE Health and Wellbeing Policy**

**2023/2024**

Date of Review: 23 November 2023 Signature: A J Williams

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| Approved by Governors: |  |  |  |
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*The new National Curriculum in Wales will have 4 Broad Purposes, 6 Areas of Learning and Experience and 3 Cross Curriculum Responsibilities. This Policy indicates how the school is preparing for the new curriculum under the existing statutory National Curriculum Requirements for Wales (September 2014).*

The United Nations Convention on the Rights of the Child (CRC) is at the heart of our school’s planning, policies, practice and ethos. As a rights-respecting school we not only teach about children’s rights but also model rights and respect in all relationships – Linked to Articles 3, 7, 16 (CRC)

**SUCCESSFUL FUTURES**

Independent Review of Curriculum and Assessment Arrangements in Wales

Professor Graham Donaldson (February 2015)

The New Curriculum in Wales will be planned to achieve 4 Broad Purposes:

That children and young people develop as:

* Ambitious capable learners
* Enterprising creative contributors
* Ethical informed citizens
* Healthy confident individuals

The Curriculum will be organized into 6 areas of learning and experience:

* Expressive Arts
* Health and well-being
* Humanities
* Languages
* Literacy and communication
* Mathematics and numeracy
* Science and technology

There will be 3 cross curriculum responsibilities:

* Literacy
* Numeracy
* Digital Competence

Full implementation of the New Curriculum in Wales is planned for September 2022. Curriculum planning documents indicate our preparation for the new curriculum as outlined above but remain organized under existing statutory National Curriculum Requirements for Wales (September 2014).



Careful consideration has been given to the current reform of education in Wales as outlined in the Welsh Government action plan 2017-2021 “Education in Wales: Our National Mission”. Particular attention has been paid to Donaldson’s recommendation that learning experiences for all children need to be real and relevant to all learners. Our co-construction of a new curriculum for Wales will utilities resources available through “Global Futures” and “The United Nations Global Sustainable Development Goals”.

**Our Health and Well- being Vision**​

Our school moto Putting Children First encapsulates our ethos and focus as a school; developing healthy, confident individuals who are prepared to live fulfilled lives as valued members of society.  ​

Our Health & Well-being curriculum at Penyrheol Primary seeks to provide a holistic approach and vision for understanding the importance of our own health and well-being. We seek to support our children in developing their skills and knowledge to navigate life's opportunities and challenges.  The children are taught the fundamental components of this Area which are physical health and development, mental health, and emotional and social well-being. They will learn that good health and well-being is important to enable successful learning to take place. Children will have the opportunities through experiential learning to develop and foster the skills in a supportive environment to become life- long learners. We hope to nurture children who are engaged, happy and focused on their goals. Engagement with this Area will help to focus our whole-school approach and enable health and well-being to permeate all aspects of school life.​

**All AoLE are underpinned with challenging opportunities to develop numeracy, literacy and digital competency skills.**

**All AoLE are formatively assessed and monitored through the school’s planning and assessment tool, and through the school’s self evaluation cycle.**

**The principles underpinning every Area of Learning and Experience (AoLE) in Penyrheol Primary ensures that the curriculum is:-**

• authentic: rooted in Welsh values and culture and aligned with an agreed set of stated purposes

• evidence-based: drawing on the best of existing practice within Wales and from elsewhere, and on sound research

• responsive: relevant to the needs of today (individual, local and national) but also equipping all young people with the knowledge, skills and dispositions for future challenges as lifelong learners

• inclusive: easily understood by all, encompassing an entitlement to high-quality education for every child and young person and taking account of their views in the context of the United Nations Convention on the Rights of the Child (UNCRC), the Sustainable Development Goals SDG’s and those of parents, carers and wider society

• ambitious: embodying high expectations and setting no artificial limits on achievement and challenge for each individual child and young person

• empowering: developing competences which will allow young people to engage confidently with the challenges of their future lives

• unified: enabling continuity and flow with components which combine and build progressively

• engaging: encouraging enjoyment from learning and satisfaction in mastering challenging subject matter

• based on subsidiarity: commanding the confidence of all, while encouraging appropriate ownership and decision making by those closest to the teaching and learning process

• manageable: recognising the implications for and supported by appropriate assessment and accountability arrangements.

All teachers are leaders in this AoLE and are expected to plan using the “four purposes” of the curriculum.

These will ensure that our pupils will be:-

1. **Ambitious, capable learners who:** – set themselves high standards and seek and enjoy challenge – are building up a body of knowledge and have the skills to connect and apply that knowledge in different contexts – are questioning and enjoy solving problems – can communicate effectively in different forms and settings, using both Welsh and English – can explain the ideas and concepts they are learning about – can use number effectively in different contexts – understand how to interpret data and apply mathematical concepts – use digital technologies creatively to communicate, find and analyse information – undertake research and evaluate critically what they find and are ready to learn throughout their lives

2. **Enterprising, creative contributors who:** – connect and apply their knowledge and skills to create ideas and products – think creatively to reframe and solve problems – identify and grasp opportunities – take measured risks – lead and play different roles in teams effectively and responsibly – express ideas and emotions through different media – give of their energy and skills so that other people will benefit and are ready to play a full part in life and work

3. **Ethical, informed citizens who:** – find, evaluate and use evidence in forming views – engage with contemporary issues based upon their knowledge and values – understand and exercise their human and democratic responsibilities and rights – understand and consider the impact of their actions when making choices and acting – are knowledgeable about their culture, community, society and the world, now and in the past – respect the needs and rights of others, as a member of a diverse society – show their commitment to the sustainability of the planet and are ready to be citizens of Wales and the world

4. **Healthy, confident individuals who: –** have secure values and are establishing their spiritual and ethical beliefs – are building their mental and emotional well-being by developing confidence, resilience and empathy – apply knowledge

about the impact of diet and exercise on physical and mental health in their daily lives – know how to find the information and support to keep safe and well – take part in physical activity – take measured decisions about lifestyle and manage risk – have the confidence to participate in performance – form positive relationships based upon trust and mutual respect – face and overcome challenge – have the skills and knowledge to manage everyday life as independently as they can and are ready to lead fulfilling lives as valued members of society.

**At Penyrheol we envisage these core purposes overlapping and developing through rich learning opportunities.**

**At Penyrheol we plan opportunities for Physical Education, Sexuality and Relationships Education and PSE under the Health and Well Being AoLE.**

**AoLE Aims PSE**

Personal and Social Education is central to the educational entitlement of all children at Penyrheol Primary School and, as a cross-curricular dimension, permeates all aspects of life in school.

* To equip pupils to be personally and socially effective by providing learning experiences in which pupils can develop skills, explore attitudes, values and personal qualities and acquire, evaluate and apply appropriate knowledge and understanding.
* To develop pupils’ self esteem, resilience and personal responsibility as citizens of the modern world.
* To prepare pupils for the challenges, choices and responsibilities of work, employment and life long learning.
* To empower pupils to participate in their communities as active citizens and to develop a global perspective.
* To assist pupils to live healthy fulfilled lives and reach their full potential in both school and future life.
* To develop pupils understanding of how to stay safe online, in relationships and in their environment.
* To foster and encourage positive attitudes and behaviour towards the environment and the principles of sustained development locally, nationally and globally.
* To improve the health and fitness of the whole school by equipping pupils with ways to establish and maintain long active lifestyles and healthy eating habits
* To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.

**Through a variety of learning experiences the school helps each child:**

* Think and strive to reach their potential and be the best that they can be whilst considering others.
* Develop personal qualities and values to improve self esteem.
* Take their place in a wide range of roles in preparation for adult life.
* Develop confidence and independence.
* Value and respect themselves and others.
* Develop social and communication skills.
* Value and respect belongings / living things / environment.
* Be able to share / co-operate / and work as part of a team for the benefit of themselves and others.
* Understand about the importance of a balanced diet and be able to make healthy choices.

**At Penyrheol we plan opportunities and provide experiences to develop the 4 purposes - to include**

**Ambitious Capable Learners**

* Problem solving activities.
* Questioning and forming ideas and opinions about morals and values.
* Individual, peer group, collaborative work, cross phase learning and whole school activity days.
* Opportunities to reflect on attitudes to learning and promoting emotional literacy. Self evaluation and target setting.
* Growth Mindset

**Enterprising Creative Contributors**

* Taking part in school residentials and trips to foster relationships and have new experiences.
* Entrepreneurial week – preparing, marketing and selling healthy snacks/products
* Taking risks during physical activity.
* Use of ICT to express ideas.
* Participation in dance and gymnastics.
* Working with Dawsons “Bumbles of Honeywood’ entrepreneurial skills workshops
* Pupil Voice Groups

**Ethical and Informed Citizens**

* Celebrating and promoting the UNCRC “rights of the child”.
* Learning how to stay safe online and in their environment.
* Celebrating and recognizing national days such as Poppy Day, Anti- Bullying week, Mental Health charities, Children in Need etc.
* Discussion and circle time
* Sexuality and Relationships education – visits from school nurse regarding growing up and puberty.
* Visitors to the school from the “World of Work” eg police, fire, engineers etc
* Visitors to the school from other cultures and religious groups
* Visitors from the world of sport

**Healthy, Confident Individuals**

* Regular opportunities for promoting physical fitness through planned weekly P.E lessons, daily aerobics and extra – curricular clubs.
* Access to drinking water throughout the school day.
* Yoga and mindfulness strategies to encourage healthy minds and mental and emotional well being.
* Design to smile programme – daily toothbrushing throughout Foundation Phase and learning about oral hygiene
* Access to healthy snacks through fruit tuck shop and at school events,
* Encouraging a positive self image and valuing personal achievements – Friday celebration assemblies
* Healthy Schools Scheme
* Gracie our Therapy Dog increasing children’s well-being
* Opportunities to perform in assemblies, school productions and choir events
* School sports day and inter school tournaments including Urdd football and rugby and Swansea schools athletics event
* Opportunities to check in during school day including check in boards, Speakr and using the Worry Monster.

**Community Involvement**

Penyrheol Primary School provides opportunities for parents, the community and outside agencies to contribute to personal and social development through their active involvement in the life and philosophy of the school. For example: Family Learning, Community Choir and Parent Council.

**Healthy Schools**

As a member of the Healthy Schools programme, we are fully committed to keeping the physical, emotional and mental well being of all members of the school community a priority at all times. The range of activities and opportunities offered to the children support the physical, social and sexual aspects of the P.S.E. framework and SRE pack and fulfil the healthy school scheme criteria.

**Physical Education**

PE at Penyrheol Primary School aims to promote the physical, intellectual, emotional and social development of every pupil. We aim to promote and develop children’s skills, love and enjoyment of physical activities in a safe environment that will enable them to take measured risks and understand the impact of physical health in their daily lives.

**We aim to develop:**

* Fitness, strength, mobility and endurance through varied physical activities.
* Individual and team skills .
* Form positive relationships based on mutual respect and trust through a sense of team work and fair play.
* An understanding of the health benefits of physical activity both in the short and the long term.
* Confidence and competence in water safety.
* Confidence to participate and perform
* Creativity though movement and develop kinaesthetic awareness of their body.
* Skills necessary to overcome challenges of a problem solving nature in a variety of environments.

**Opportunities will include:**

 **In Progression Step 1 and 2:**

Teachers plan to build upon children’s natural enthusiasm for movement. They will develop their skills in movement and coordination and will have the opportunity to test and express themselves through dance, games and gymnastics. They will acquire and develop skills by performing basic skills, actions and ideas. Remembering and repeating simple skills with control and coordination. The outdoors will be used regularly. Teachers are trained to use the Skip Cymru programme. Pupils in B2 visit West Street Gym.

• They will begin to select and apply skills, tactics and ideas by exploring, selecting and adapting their skills and actions in sequences and combinations. They will begin to apply rules and vary tactics.

• They will learn to improve quality and control. Also observe, describe and copy others as well as describe actions.

• They will begin to develop knowledge of the importance of exercise and its effect.

**In Progression Step 3:**

• Children will be taught the skills and range of health and fitness; Creative activities; Adventurous activities and competitive activities. These will include developing the skills of dance, gymnastics, team games, athletics and fitness.

• They will consolidate skills and learn new ones. Perform activities with greater control and quality.

• They must plan, use and adapt strategies, tactics and ideas as well as applying rules.

• To evaluate and improve performance they will identify effective performance and suggest improvement.

• They will further develop knowledge of the effect of exercise, the importance of activity and an awareness of appropriate clothing and warm up.

• All pupils may attend our weekly after school sports club run by all teachers.