

Redbridge High School
Physical Well-Being Curriculum



Redbridge High School promotes physical well-being and we understand the importance and links between physical and emotional well-being. Pupils are given opportunities to participate in a range of sports and learn to respect their own body through health and hygiene, exercise, positive body image and making healthy choices. Pupils are supported to develop their strength and movement. They will also be given opportunities to learn about others around them and how to interact appropriately. Pupils have the opportunity to be involved in sports led by specialist coaches and to take part in some healthy competition.

Physical well-being

Informal	Semi-formal	Formal
Celebrating achievements Body awareness Developing gross and fine motor skills e.g., reaching, grasping holding Development of controlled and confident Rebound Hydrotherapy movement Social skills Managing sensory diet Personal care Developing trust when using hoists etc Sportsmanship and team spirit	Personal space - safety, hazards and risks Self-regulation skills Personal hygiene Personal care Healthy eating Exercise Sensory breaks Health and safety Developing gross and fine motor skills Managing sensory diet Sportsmanship and team spirit	Self-regulation exercises Healthy eating Personal hygiene Exercise Puberty Body image Drug and alcohol education Sportsmanship and team spirit Sex education

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