

What do we do?

In Sport, Health and Nutrition we have developed a rich, exciting and innovative curriculum to allow students to develop a feeling of belonging and understanding the key links between diet, and health and physical activity. Our curriculum works on a rotation between PE & Sport and Food & Nutrition so students are able to build on their existing skills and interweave their nutritional knowledge in a practical setting when carrying out physical activity.

How does Sport, Health and Nutrition equip students with powerful knowledge?

Students are equipped with powerful knowledge to be able to apply the skills they learn in their Sport, Health and Nutrition lessons, for the rest of their lives, enabling them to make healthy choices, develop skills and build their confidence, and develop essential life skills.

What skills and cultural capital do students gain in Sport, Health and Nutrition?

Students develop their confidence and their personal development through our Sport, Health and Nutrition curriculum. Students are able to feel they have a sense of belonging here at West Ex. Our curriculum is rich and varied to combine practical and theoretical based learning. Sport, Health and Nutrition equips students with lifelong skills to support them as young people, and enables them to learn and develop healthy eating and exercise habits now and into the future. Skills included range from mixing, weighing, measuring, baking, rolling shaping and knife skills in nutrition to football, rugby, netball, orienteering, handball, outdoor education, pickleball, fitness, dance, gymnastics and more.

How do we support literacy in Sport, Health and Nutrition?

The Sport, Health and Nutrition curriculum exposes students to a vast quantity of Tier 3 vocabulary, and we embed Tier 1 and 2 vocabulary through our knowledge organisers in SHN through year 7, 8 and 9.

How is the Sport, Health and Nutrition curriculum designed?

The Sport, Health and Nutrition curriculum is designed so that we can incorporate the importance of physical activity and nutrition into one umbrella to educate our students on the importance of good diet and health and the impact on their mental and physical health and wellbeing. Our curriculum programme allows us to build on skills learnt across cycles to then extend this learning and enrich this offer into year 8 and 9 when students can select their GCSE options.

How do you use spaced practice/retrieval practice?

In Sport, Health and Nutrition we look at the Physical ME, Social ME and Thinking ME model which encourages students to think critically throughout the physical education and nutrition lessons. It is linked to knowledge retrieval and skills and enable students to demonstrate and build on their existing skills and knowledge when moving through the curriculum cycles.

What content do you cover and how is this delivered over time?

We are proud of our exciting and innovative Sport, Health and Nutrition curriculum as it is broad and rich. Students are able to develop and progress in a range of sports to include: football, netball, gymnastics, orienteering, handball, rugby, alongside developing key skills in nutrition to focus on special diets, healthy eating, the importance of nutrition and cultural and religious food choices.

How do you sequence the curriculum so that new knowledge and skills builds on what has been taught before?

Our curriculum is sequenced to allow for students to build on their prior knowledge in Sport, Health and Nutrition from year 7- year 10 and 11. The skills and theoretical content is weaved through to ensure students are able to build on what they already know and have learnt. Practical skills will be developed in both PE and Nutrition to allow students to build their confidence and skills in the sporting environment and within a kitchen setting.

CYCLE 2:

PE & Sport: Students will participate in a range of sports and physical activities to support physical and mental wellbeing.

Food & Nutrition: Students do not complete Food & Nutrition rotations in Y11.

CYCLE 3:

PE & Sport: Students will participate in a range of sports and physical activities to support physical and mental wellbeing.

Food & Nutrition: Students do not complete Food & Nutrition rotations in Y11.

CYCLE 1:

PE & Sport: Students will participate in a range of sports and physical activities to support physical and mental wellbeing.

Food & Nutrition: Students do not complete Food & Nutrition rotations in Y11.

11

CYCLE 2:

PE & Sport: Students to participate in a rotation of activities to reflect upon their physical, social and mental development.

Food & Nutrition: Students to explore Italian cuisine.

CYCLE 3:

PE & Sport: Students to participate in a rotation of activities, including summer sports, to reflect upon their physical, social and mental development.

Food & Nutrition: Students will explore food provenance, poverty and sustainability. Students will cook a variety of Chinese dishes.

CYCLE 1:

PE & Sport: Students to participate in a rotation of activities to reflect upon their physical, social and mental development.

Food & Nutrition: Students to explore food safety in the kitchen and how to be hygienic.

9

CYCLE 2:

PE & Sport: Students to participate in a rotation of activities reflect upon their physical, social and mental development.

Food & Nutrition: Students are to cook vegetable pasta and apple crumble. Students will learn about the different micro and macro nutrients.

CYCLE 3:

PE & Sport: Students to participate in a rotation of activities, including summer sports to reflect upon their physical, social and mental development.

Food & Nutrition: Students to cook stir fry and blueberry muffins. Students will consolidate their knowledge and understanding of nutrients.

CYCLE 1:

PE & Sport: Students to participate in a rotation of activities to allow them to reflect upon their physical, social and mental development.

Food & Nutrition: Introduction to the kitchen, including health and safety and food safety and healthy eating.

7

Potential Future Careers in SHN

- PE teacher.
- Sport scientist.
- Physiotherapist.
- Sports coach.
- Personal trainer.
- Sports nutritionist.
- Sports massage.
- Sport development.
- S&C coach.
- Sports performer.
- Sport advertising.
- Sport marketing.
- Catering.
- Sports.
- Sports management.
- Hospitality.
- Sports Journalism.
- Diet and Exercise.

CYCLE 3:

PE & Sport: Students to participate in a rotation of activities, including summer sports, to reflect upon their physical, social and mental development.

Food & Nutrition: Students will look at budgeting in the context of food and will prepare a range of American dishes.

CYCLE 2:

PE & Sport: Students to participate in a rotation of activities to reflect upon their physical, social and mental development.

Food & Nutrition: Students will investigate how food can impact mood and will prepare a range of Greek dishes.

CYCLE 1:

PE & Sport: Students to participate in a rotation of activities to reflect upon their physical, social and mental development.

Food & Nutrition: Students to explore nutritional requirements into adulthood and will cook a range of Mexican dishes.

10

CYCLE 3:

PE & Sport: Students to participate in a rotation of activities, including summer sports, to reflect upon their physical, social and mental development.

Food & Nutrition: Students to develop their understanding of hydration and different drinks.

CYCLE 2:

PE & Sport: Students to participate in a rotation of activities to reflect upon their physical, social and mental development.

Food & Nutrition: Students to explore allergens and intolerances within diet.

CYCLE 1:

PE & Sport: Students to participate in a rotation of activities to reflect upon their physical, social and mental development.

Food & Nutrition: Introduction to the nutrition throughout the different life stages.

8

Sports & Physical Activities in SHN

- Football.
- Netball.
- Rugby.
- Basketball.
- Badminton.
- Volleyball.
- Pickleball.
- Tennis.
- Cricket.
- Rounders.
- Athletics.
- Ultimate Frisbee.
- Health Related Exercise.
- Outdoor and Adventurous Activities.

Enrichment Opportunities in SHN

- Representing the school sports teams.
- Weekly extra-curricular timetable.
- Sports leaders.

Key Concepts



Sports performance



Sports leadership



Food nutrition skills



Planning and organising



Reflection and evaluation