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<p>Y12+13 Maintaining positive habits</p> <p>Providing weekly opportunities to maintain healthy active lifestyle habits.</p>	<p>Content: Pupils can opt into participating in a range of student voice informed physical activity via the enrichment program. Through weekly timetabled opportunities, the program offer aims to encourage sixth form students to maintain their habits formed in lower school by giving them access to teacher led and facilitated sporting and physical activity opportunities.</p> <p>Student voice will inform the genre of sport or physical activity on offer, typically ignited by examples to include all KS3+4 experiences in addition to: Self-defence; Sports Leader qualifications L2+3; Yoga; 5 a side football; back2netball; indoor hockey; dodgeball; kabbadi; aerobics; Zumba.</p> <p>Attitudes: appreciating that maintaining healthy habits contribute to wider personal and academic success. Proactively planning in active time into personal timetables for well-being activities. A personal drive and commitment to maintain health and well-being, perseverance and resilience, self-confidence, positive intentions, enjoyment.</p> <p>Skills: Promote social skills and developing habits to manage personal well-being. Prioritising and foreword planning time to 'look after yourself' amongst academic and life pressures.</p> <p>Knowledge: how to manage personal time. Apply prior knowledge of the value of health and well-being to new sixth form lifestyle. Reflecting on how these habits pave the way for lifelong healthy active lifestyle habits post 18 education (links to university opportunities, wider community opportunities).</p>
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