

Meadowhead School and Sixth Form



**This is a document of Meadowhead School and Sixth Form.
Meadowhead School and Sixth Form is a Foundation School
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HEALTH FITNESS AND WELLBEING

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Introduction

This Curriculum area aims to lead and deliver all aspects of Health, Fitness & Well-being. Health, Fitness & Well-being focuses on promoting a healthy active lifestyle and positive outlook on life through its lessons on exercise, health and fitness. It incorporates Physical Education, Dance and Health & Social Care and also encompasses broader issues of healthy lifestyles, fitness, healthy eating, participation, self-esteem and well man/well woman.

Our aim is to give students the knowledge to become healthy citizens whilst at school, and to develop the confidence and skills to sustain a healthy lifestyle beyond school.

The Faculty

The current Health, Fitness & Well-being faculty at Meadowhead School consists of 9 full-time and 3 part-time members of staff: 6 women and 6 men. The faculty also has a faculty assistant.

It is a very enthusiastic and committed department who work and communicate together as a team. The department support each other extremely well. There is a good balance of expertise and the quality of teaching is consistently rated as outstanding or good in Leadership observations.

Accommodation and Resources

In 2007 we moved into a new school building with first class facilities and extensive playing fields that were fully landscaped as part of the school rebuild.

The accommodation includes:-

Indoors:

- Sports Hall
- Two Activity Rooms
- Assembly Hall
- Fitness Suite
- 4 Changing Rooms

Outdoors:

- 8 Tennis Courts/6 Netball Courts
- Floodlit Astro turf (football pitch size)
- 400m Grass Track
- 2 Cricket Wickets
- 2 Rugby Pitches
- 3 Football Pitches
- 6 Rounders Pitches
- 2 Jumping Pits
- 2 Shot Putt Circles

Curriculum

The Physical Education curriculum at Meadowhead School caters for all pupils. Health and Fitness are closely linked and lessons help students experience and appreciate the physical, mental and social benefits of a healthy and active lifestyle. Health, Fitness & Well-being underpins the whole curriculum.

The curriculum has breadth, balance and continuity to enable effective learning to take place. The content of the curriculum is presented in modular courses from September to July. All children have their attainment recorded at the end of each module and are encouraged to use core tasks and apply peer- and self-assessment to evaluate their progress. Both boys and girls are given an equal opportunity to experience, participate and succeed in as many activities as possible.

Our curriculum has evolved to incorporate Health specific lessons. All students follow a fitness programme that reinforces specific aspects relating to all activity blocks.

At KS3 all students have at least one Health, Fitness & Well-being unit per year and follow a planned progressive programme which becomes more personalised as they approach KS4.

Pathways in KS4 encompass healthy lifestyles and well-being and include numerous accredited courses.

At KS4 students have one Health, Fitness & Well-being lesson per week. This is leisure PE focusing on enjoyment, competition and preparation for exercise away from the school environment.

There is also the opportunity for KS4 and KS5 students to extend their understanding and practical knowledge by choosing to study courses from the following:

Key Stage 4

- BTec Level 2 Tech award in Sport
- BTec Level 2 Tech award in Dance
- BTec Tech Award Level 2 Health & Social Care
- GCSE PE

Key Stage 5

- BTec Level 3 Sport- Extended certificate, Diploma.
- BTec Health and Social Care L3
- A Level PE
- Scholarship programme- Boys and girls

The BTec and vocational courses have proven to be very popular. The results last year were extremely good, with all students who took BTec Sport, BTec Dance, and Health & Social Care all gaining close to 100% A-C grades.

The Pupils

In Health, Fitness & Well-being lessons, most classes are mixed ability and at KS3 are taught by form and single sex. Students wear a standard PE kit for their lessons. The kit comprises of a green or black T shirt, black shorts and black socks; there are also optional items of a fleece and track-suit bottoms, waterproof jacket, leggings and a hoody. The students are required to look smart for their lessons and when they represent the school.

The Health, Fitness & Well-being Department at Meadowhead School believes very strongly in the necessity for high standards - high standards of values, attitude, effort and participation so that each child can attain their physical potential. Our expectations are high and every child is given as much encouragement as possible to succeed, to have a positive outlook on life, and to become involved in some form of activity.

Twice a year special Celebration Assemblies are held in school where all the successful students and teams of Meadowhead School are recognised. Awards are presented for each activity.

The highlight of each year is Sports Day where all children and staff are involved in an activity. There are also regular inter-form competitions throughout the year in a variety of activities.

Extra-Curricular Activities – Extended Schools

There is an extensive extra-curricular programme at Meadowhead School, an essential part of the Department's philosophy, with practices and matches after school. The relationship between curricular teaching and the back-up work in extra-curricular time is of real importance, giving enrichment opportunities to those students participating.

Our emphasis is on participation and we try to involve as many students as possible, whether it be a fitness class, yoga, trampolining, cross country, football, hockey, handball or rounders to quote just a few examples.

We aim to enter as many leagues, competitions and tournaments as possible - giving all students the opportunity to represent their school. Students are also given encouragement to represent Sheffield and many succeed, representing South Yorkshire and beyond. All staff are dedicated and take pride in the clubs and teams in their charge. Our individual and team successes are most impressive locally, regionally and nationally

Each year we celebrate the success of our students within a "make a difference" awards evening. This evening show cases students' accomplishments throughout the year.

Completing your Application

Every individual has potential and is, therefore, capable of achievement. It is the school's task to present the fullest possible range of opportunities so that each individual may discover just where their talents lie. It is inevitable, therefore, that the school opens those opportunities to all and makes no assumptions based on gender, nationality, race, ability, disability or creed.

Meadowhead Equal Opportunities Statement

Interviews for main scale posts will usually be conducted by:

- the Head
- a member of the senior leadership team
- the person to whom the successful applicant will be directly responsible.

For posts of additional responsibility and certainly those at TLR 1b or higher, there will be at least one representative from the Governors' appointments panel.

Applicants who are not called for interview are thanked for the time, thought and effort that they have put into their application. Due to high costs involved the school is unable to acknowledge this via individual replies.