HEALTH AND WELLBEING : KEY STAGE, CYNEFIN GROUNDS

Presentation

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Introduction

In the development of the Cynefin grounds, the integration of bushcraft and allotment areas offers a unique opportunity to support Key Stage 3 students' (typically students aged 11-14 in the UK education system) physical literacy. Physical literacy encompasses the development of fundamental movement skills, competence in various physical activities, and the ability to make informed decisions to lead an active lifestyle. By incorporating age-appropriate activities and challenges, Key Stage 3 students can further enhance their physical literacy in a stimulating and engaging environment.



progression steps

Progression step 3

In this step, students will refine and expand their skills, adapting techniques and strategies to achieve specific goals. They will learn the rules and tactics of different sports, make informed decisions, and develop teamwork and leadership skills. Students will also reflect on their performance, seek feedback, and improve their physical capabilities, including strength, coordination, speed, endurance, balance, and flexibility.

Progression step 4

In progression step 4 of Key Stage 3 for physical literacy, students develop advanced skills and techniques in their chosen sport or activity, participate in competitive environments, and develop leadership and coaching skills. They are also encouraged to adopt a physically active lifestyle beyond their school years for lifelong benefits. The goal is to enhance physical abilities, deepen understanding, and promote overall well-being.

Formative asessment

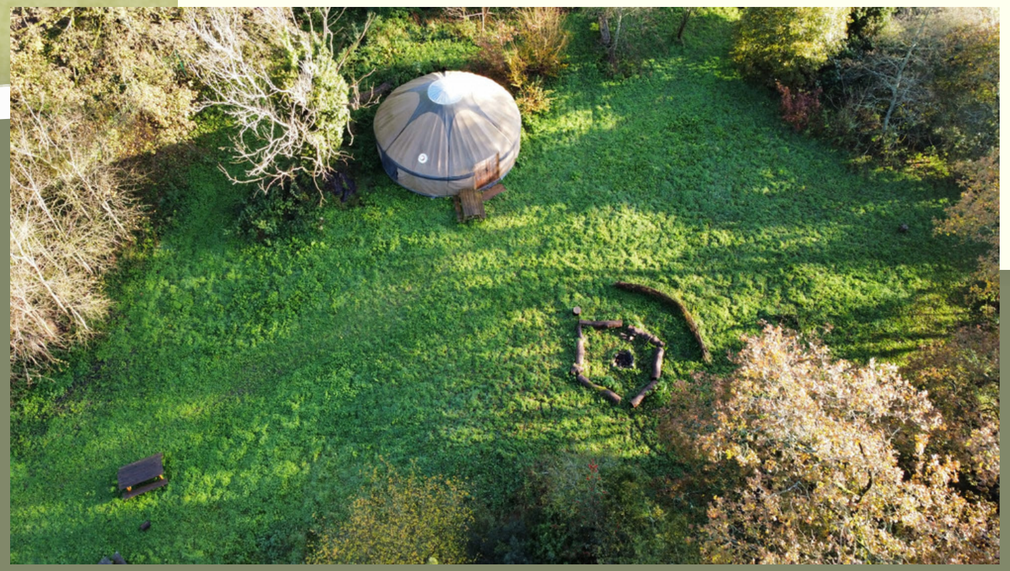
These steps help monitor and measure attainment and progress in secondary schools. The progression steps are part of the STEPS program, which is designed to assess and track student progress. It offers a straightforward method of measuring academic growth and provides valuable insights for educators and administrators



Recommendations

1.

improved bushcraft area



2.

Allotment area



Benefits of Bushcraft

Bushcraft activities such as shelter-building, fire-making, and navigation enhance fundamental movement skills and decision-making abilities in an outdoor setting.



Benefits of Allotment Activities

On the other hand, the allotment areas provide an excellent opportunity for students to engage in gardening activities, such as planting, weeding, and harvesting. These activities involve a wide range of physical movements, such as digging, bending, and lifting. By actively participating in these tasks, students can improve their overall fitness levels, develop muscular strength and endurance, and enhance their hand-eye coordination.





Importance of Age Appropriate Activities

- physical & mental
- safety &risk management
- engagement & motivation
- life skills and independence
- relevance to curriculum goals

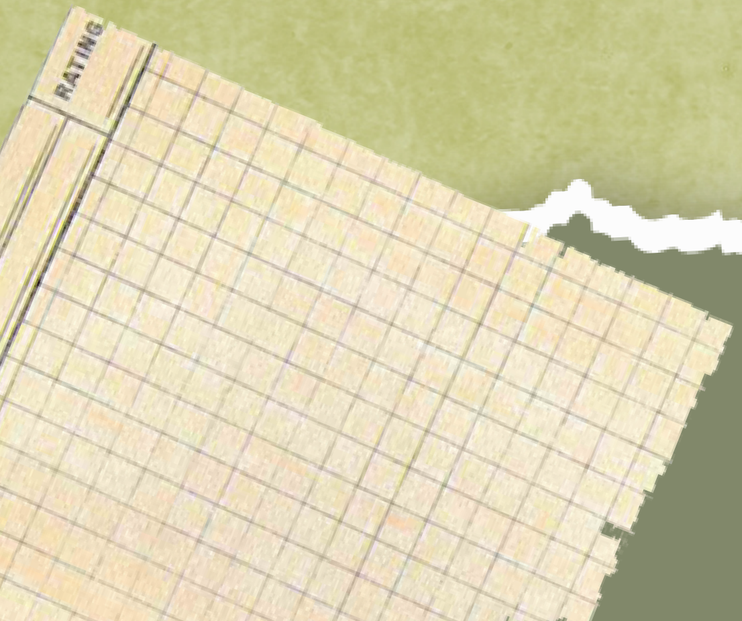
Bushcraft and Allotment Activities



- weeding
- watering
- planting
- harvesting
- composting
- arts and crafts (leaf printing, nature collages)
- building
- fires and cooking
- nature walks
- forest bathing
- plant identifications
- Natural crafts

Thank You

For Your Attention









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