

Health and Wellbeing (link)

What does Donaldson say?

Improving the health and well being of the nation has been an important feature of Welsh government policy and to support schools for many years

Children and young people need to experience social, physical and emotional well being to thrive and engage successfully with their education

Aims to address concerns about physical activity and diet by allowing children to try different types of physical activity and gain knowledge and practical skills for health eating

How does your AoLE relate to the current curriculum requirements?

Currently in curriculum in FP and KS2 requirement for children to develop thinking

HWB helps learners understand how mental health and emotional well-being influence the way people think, feel and behave

HWB supports children to develop their ability to focus their attention and to be aware of how they are thinking and feeling during experiences

Thinking how their actions have wider impact on society

What might be the benefits of working with the new AoLE?

Within the current curriculum, health and well-being topics are taught as part of the Personal and Social Education Framework and are hard to identify, whereas in the new curriculum the focus is on direct health and well-being outcome teaching for children and young people.

Children will become more aware of how to make good decisions, and how their decisions affect their lives and the lives of the people around them

Children will learn how to form positive relationships

What might be the implications for you as teachers in working with this new AoLE?

As new teachers being taught about the new curriculum, this should come easier than a teacher who was trained multiple years ago.

Physical health (P.E) and more so in recent years nutrition has been discussed in the phases in question. The issue is when it comes to mental health. There is a plethora of information surrounding mental health, but there may not be too much information surrounding using it in schools with foundation and KS2 children. Not only that but teachers will have to have knowledge centred around psychology which very few will have had any training for. Having to learn these new skills can be daunting for the more experienced teachers.

When it comes to physical health, many schools have the disadvantage of poor facilities (fields, yards etc) Meaning that providing the opportunity to participate in certain sports or activities will be hard.

Also if a teacher moves into a school with a more diverse social background than previously experienced, it will take the teacher time to adapt and learn to be able to change lessons. Lessons then would reflect the cultural environment the school is situated in.

Is anything 'lost' or 'missing' from the proposed new AoLE, when compared with the current requirements?

The proposal hasn't discussed training for experienced teachers on subjects/areas they may have never taught or have come across before.

What could be limitations of working with this new AoLE?

Not all staff will have training on mental health

Lack of resources

Teachers working with other departments and struggling to find common ground. Eg PE teachers working with PSE teachers

Is this AoLE compatible with the GCSE structure?

How does the AoLE reflect cross-curricular responsibilities?

Literacy

fundamental enabler of well-being. Oracy provides the means for learners to communicate their feelings and develop relationships with others. The role of communication in expressing emotions is fundamental, while literature has significant potential to support learners' empathy, mental health and emotional well-being.

Numeracy

Health and Well-being will provide the real-world context to support the development of

numeracy skills. Learners will interpret information from a range of diagrams and graphs to draw conclusions about factors that may influence their health, or track and record their own progress in physical activity.

Digital Competency

Digital competence can be developed through a range of engaging and accessible experiences as learners develop the skills needed to live and work in an increasingly online and digital world. It is also important to acknowledge the increasing influence of technology in our daily lives. Learners will need to understand the implications this may have for their health and well-being and the possible impact on physical, mental and emotional health and well-being.

How does the AoLE reflect the four purposes?

The development of social and team-working skills through physical activity and opportunities to develop relationships will enable them to become ambitious, capable learners, ready to learn throughout their lives.

Learners will have opportunities to engage with challenging ideas relating to emotions and relationships and to find creative and enterprising ways to deal with these challenges allowing them to further develop as enterprising, creative contributors, ready to play a full part in life and work.

Learners will engage critically with a range of information to support their decision-making and to develop their values and identity which in turn will develop their confidence and ambition.

They will learn to make positive choices and learn how their choices affect their own and others health and well-being, as well as interact with others in different social situations, teaching them to become ethical, informed citizens of Wales and the World.

They will learn what influences their health and well-being such as a healthy diet, physical activity and substance misuse, as well as the importance of resilience and self-regulation, how to seek support and how to develop safe and healthy relationships, enabling them to be healthy, confident individuals, ready to lead fulfilling lives as valued members of society.

Gross motor skills - Skills that involves the action of many muscle groups and requires movement of the whole body, e.g. running.

What are the key changes? Are there any 'buzz' words or terms associated with this AoLE?

Changes?

Health and wellbeing are key enablers of successful learning. It not only focuses on the physical health of the students but also their mental health. This idea hasn't been integrated into the curriculum before, although it may have been used in the classroom.

This AoLE focuses on social interaction and influences, and how these aspects effect health and wellbeing. The learners should develop understanding of social interactions and how they can shape a positive state of well being.

Buzzwords?

Hwb – Health and wellbeing

Fine motor skills - Skills that requires delicate muscular control in which certain parts of the body move within a limited area in order to produce accurate responses.

Pro-social - Behaviour which is positive, helpful and intended to promote social acceptance and friendship.

Self-awareness - Conscious knowledge of one's own character, feelings, motives and desires

Self-regulate - The ability to focus attention, control emotions, and manage thinking, behaviour and feelings.