

The National Curriculum in Wales states that health, fitness and well-being activities should be taught in key stages 2, 3 and 4.

At Foundation, learning about fitness, health and well-being is integrated in the areas of learning (e.g. personal and social development, well-being and cultural diversity) and the outcomes (e.g. physical development).

Foundation Phase

Children should be encouraged to enjoy physical activity. A developing sense of identity should be linked closely to their own self-image, self-esteem and confidence. They should be introduced to the concept of health, hygiene and safety, and the importance of diet, rest, sleep and exercise.

Key Stage 2

Learners begin to understand that physical education is about learning how to feel healthy and stay fit while having fun, and knowing how these different types of activities help them to stay that way.

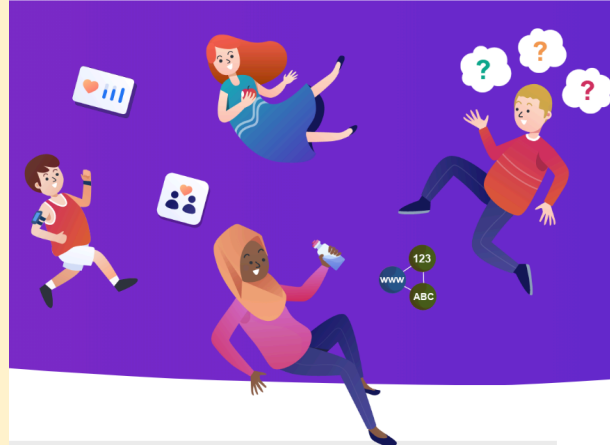
Proposed Curriculum

How Health and Wellbeing can be used within the Curriculum

- Expressive arts and languages, literacy and communication
 - Exploring relationships through Drama and Literature
- Science and technology
 - Learning about nutrition and reproduction
- Humanities
 - Exploring ethical matters or learning about countries where people originate from

Health & Wellbeing

Learning about the physical, psychological, emotional and social aspects of our lives.



Benefits	Limitations
- Ensures at some exercise - Takes away the stigma and elitism of sport - Improves children's awareness - Discussion makes children open and confident - Hydration encouraged - Awareness of background/home life - Children become mindful of their decisions and choices	- Disruption and distraction in class - Not teaching parents - Cant directly influence what happens at home - May upset parents - Children become aware that their home life compared to others - Children's judgment of peers - Teaching resources

Implications of Health and Wellbeing on the teacher

- Find out a lot about a child's home life
- Potentially uses a lot of time
- Tolerance of needing the loo
- Hopefully a happier and healthier class

How does Health & Wellbeing fit into the 4 purposes?

Ambitious, capable learners

Health & Wellbeing will encourage children to take part in physical activity and create opportunities to develop relationships with others within a team. In turn this will help them with collaborative work. Positive health & wellbeing will allow children to be happy and healthy therefore being free to apply themselves to learning.

Enterprising, creative contributors

Understanding emotions and relationships can be very challenging, and expressing your ideas about them can involve being creative. For example, expressing emotions through art and music can be less stressful and very beneficial.

Ethical, informed citizens

Children will learn how to make positive choices and how their choices affect their own and others' health and well-being. They will learn how to interact appropriately with others in different social situations. The children will learn about other aspects of health & wellbeing that they may not have had any experience of, this will open their minds to other ethical and social issues.

Healthy, confident individuals

Children will understand what influences their health and well-being, including a healthy diet, physical activity and misuse of substances etc. They will be taught how to make decisions that benefit their health and well-being.