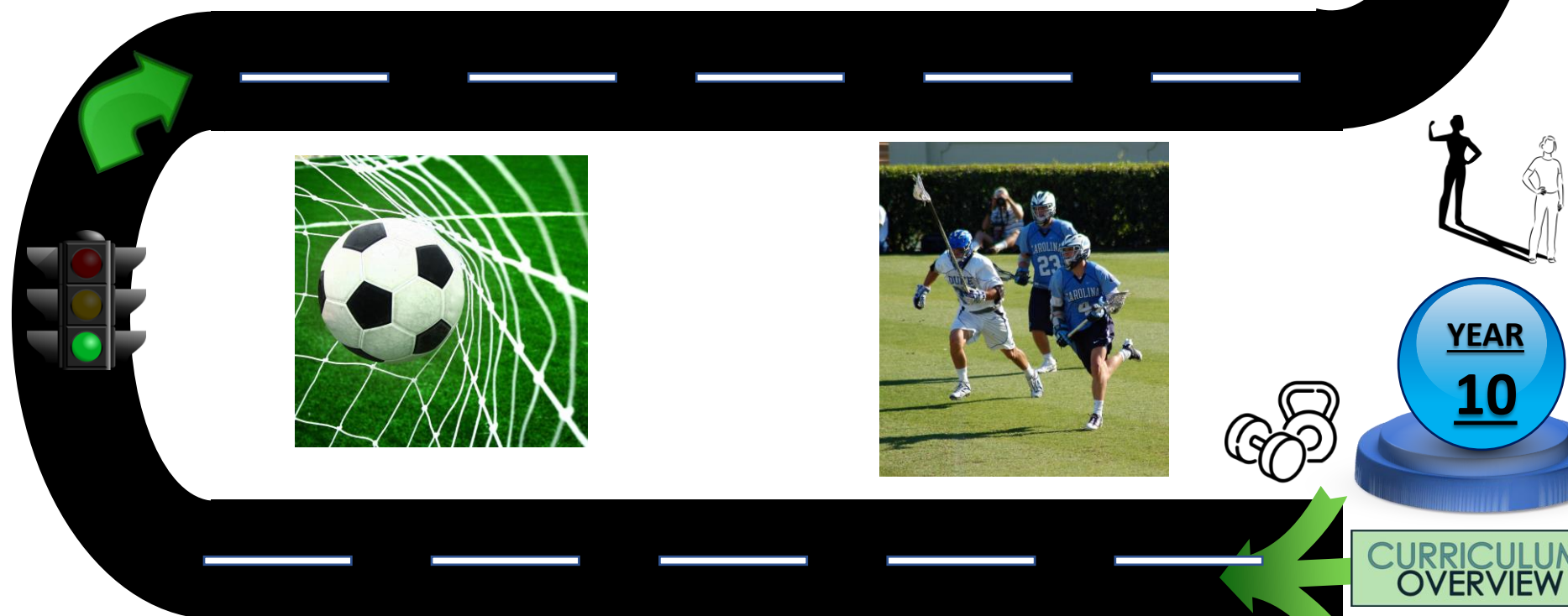


Year 10 Survival Top Tips	
Tip 1	Use recreational time to take time out from your studies
Tip 2	Be mindful of everyone
Tip 3	Make time for you
Tip 4	Maintain structure with your studies
Tip 5	Talk to someone if you are feeling overwhelmed



Making active lifestyle choices and balance

Year 11 Core PE Improve fitness Enjoyment & fun



CURRICULUM OVERVIEW

Year 10 Core PE  
Building mental health and managing pressure

**Traditional sports pathway**

Activities will be put on in any order subject to student feedback. Activities are not limited but more examples of what we can put in place.

Lacrosse / Badminton / Football / Basketball / Netball / Hockey / Handball / Tchoukball / Boxing

welcome

CURRICULUM OVERVIEW

## Year 11 Survival Top Tips

<b>Tip 1</b>	Maintain healthy social relationships
<b>Tip 2</b>	Pursue a sport or activity that you enjoy
<b>Tip 3</b>	Exercise regularly
<b>Tip 4</b>	Find effective ways that you like to relax
<b>Tip 5</b>	Be happy in yourself, be confident and achieve your goals



YEAR  
**11**



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YEAR  
**11**



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**11**



CURRICULUM OVERVIEW

## Year 11 Core PE

Making active lifestyle choices and balance

### Alternative Games

Activities will be put on in any order subject to student feedback. Activities are not limited but more examples of what we can put in place.

**Handball / Tchoukball / Pilates / Yoga / Sports Acro / Mindfulness / Outdoor Education / Orienteering /**

welcome

CURRICULUM OVERVIEW