

## Uplands Personal Development offer

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| <b>Personal development area:</b> RSHE Physical health and well being  |   |
| <p><b>Year 3</b><br/>           All objectives of statutory guidance covered by the Jigsaw scheme of work -“Healthy Me” unit<br/>           DT food technology project-Healthy sandwiches<br/>           Trick Box emotional regulation-15 tricks<br/>           PE-Gym, Dance and Games<br/>           “Health, Well-Being and Lifestyle” Online Safety unit of work</p>  | <p><b>Year 4</b><br/>           All objectives of statutory guidance covered by the Jigsaw scheme of work-“Healthy Me” unit<br/>           DT food technology project pasta salad<br/>           Mental Health Champion training provided by One goal for all pupils<br/>           Opportunity to apply to be a playground helper<br/>           Trick Box emotional regulation-18 tricks<br/>           PE-Gym, Dance and Games<br/>           Swimming lessons for all<br/>           “Health, Well-Being and Lifestyle” Online Safety unit of work</p>  |
| <p><b>Year 5</b><br/>           All objectives of statutory guidance covered by the Jigsaw scheme of work-“Healthy Me” unit<br/>           DT food technology project-wraps<br/>           Opportunity to apply to be a Health champion team and a playground helper<br/>           Trick Box emotional regulation-21 tricks<br/>           PE-Gym, Dance and Games<br/>           “Health, Well-Being and Lifestyle” Online Safety unit of work</p> | <p><b>Year 6</b><br/>           All objectives of statutory guidance covered by the Jigsaw scheme of work-“Healthy Me” unit<br/>           DT food technology project-Soup<br/>           Opportunity to apply to be a member of Trick box pupil leadership team<br/>           Cleobury 3 day residential offering a range of physical activities<br/>           Trick Box emotional regulation-24 tricks<br/>           PE-Gym, Dance and Games<br/>           Swimming catch up lessons for those who require<br/>           “Health, Well-Being and Lifestyle” Online Safety unit of work</p> |

### **Whole school**

All objectives of statutory guidance covered by the Jigsaw scheme of work-this builds on the work of the KS1 feeder school. Jigsaw is delivered each half term with year groups simultaneously being taught and learning from previous term/year reinforced and reflected upon

- Annual Health week in Spring term-each year with a different focus. This is planned by staff and the Health champions act as the “voice” of the pupils. Information is disseminated with parents
- “Health champion” pupil leadership team in place in school-they lead on one campaign per term and work alongside the school nursing team and Wolverhampton public health
- Healthy snacks are brought in from home for playtime. Health Champions periodically offer a healthy tuck shop
- Caterlink provide lunches for pupils (and staff where required) Meals meet food standards. Daily salad cart and fruit offered
- Breakfast club and After school club available for pupils each day-all snacks meet food standard requirements
- Uplands has a strong PE curriculum offer-Platinum Sports mark was achieved in 2022. All year groups are taught a progressive curriculum of Gym, Dance and Games and we are supported by specialist coaches (Soccer 2000)
- There is a full and varied extra-curricular offer including a range of physical activities. We also offer holiday clubs led by Soccer 2000
- “Trick Box” emotional regulation scheme in place across the whole school-this is driven and supported by the Trick Box team
- Playtime offers a range of zoned activities shaped by “pupil voice” (eg basketball, skipping, small equipment zone, bouncy hopper roadway, boom box dance zone) Sports coaches offer a daily physical activity. Y4 and 5 pupils apply to be playground helpers
- Mental health Bronze and Silver awards for school from Carnegie centre of excellence. Mental health is central to Uplands ethos. An outdoor garden space for positive mental health was recently created-“Calm Corner”. Mental health regularly a part of the assembly cycle. Each afternoon session begins with a few minutes of “rest and relaxation” using mindfulness, breathing techniques, Imoves mental health shorts, Brilliant schools website videos and calming activities
- Annual Sport’s day for each year group featuring a carousel of activities providing access and equality of opportunity for all