



KS3 PE, Health and Wellbeing Curriculum Overview – St Christopher’s Academy

Engage Pathway as required

Curriculum Overview for PE, Health and Wellbeing						
Food & Nutrition						
1. Alternative Foods	2. experimenting and swapping foods	3. GMO Foods	4. Pitta Pizza Art	5. World Diets	6. Seasonal Fruit and Vegetables	
Healthy Bodies; Healthy Minds						
1. Drugs and Alcohol	2. Healthy Relationships	3. Listening and Asking for Help	4. Paying Attention to the Present Moment	5. Self Care	6. Sleep	7. Young, Gifted and Black
Reading						
1. Bias in Sport	2. Game Instructions	3. Recipe	4. Sports Bio	5. Sugar	6. The Goldfish Boy	7. Unhealthy Relationships