

# KS4 PE, Health and Wellbeing Curriculum Overview – St Christopher’s Academy

Engage Pathway as required

Curriculum Overview for PE, Health and Wellbeing						
<b>Food &amp; Nutrition</b>						
1. Chicken salad	2. Fats	3. Food Pairings	4. Hydration	5. No waste	6. Supplements	
<b>Healthy Bodies; Healthy Minds</b>						
1. Challenging Yourself	2. Coping with Change	3. Kindness	4. Positive Routines	5. Self Care	6. Sleep	7. The List of Things
<b>Reading</b>						
1. Chess	2. Food Advertisements	3. History of Rugby	4. Kindness in Sport	5. Restaurant Reviews	6. Silence is not an option	7. Sleep