

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

Engage Pathway as required

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