



A MEMBER OF

Greywood
Multi-Schools Trust



QUEENSCROFT
CELEBRATING INDIVIDUAL SUCCESS

KS5	Term	Units Covered
Entry 2/3	Autumn 1	Healthy Living - <ul style="list-style-type: none"> Recognise the steps needed to lead a healthy lifestyle. Demonstrate how they contribute to own healthy lifestyle
	Autumn 2	Making the Most of Leisure Time - <ul style="list-style-type: none"> Demonstrate an awareness of how they make use of their own leisure time. Be able to take part in leisure activities. Demonstrate an awareness of their likes and dislikes about different activities.
	Spring 1	Working towards Goals <ul style="list-style-type: none"> Demonstrate an awareness of the skills and qualities needed for success in work and life. Demonstrate an awareness of how to identify goals Follow steps to achieve a personal goal.
	Spring 2	Frequent and Regular Physical Activity for Health, Fitness and Well-Being <ul style="list-style-type: none"> Take part in physical activity on a regular basis. Set up a basic fitness circuit.
	Summer 1	Frequent and Regular Physical Activity for Health, Fitness and Well-Being <ul style="list-style-type: none"> Perform a basic fitness circuit. Perform a basic fitness session using an appropriate method of training. Team Competitive Activities <ul style="list-style-type: none"> Play a selected position in chosen team games/sports. Follow the rules/conventions of chosen team games/sports. Perform skills of a chosen team game/sport with some control, in competitive situations.
	Summer 2	Team Competitive Activities <ul style="list-style-type: none"> Select the best position/option when participating in a chosen team game/sport. Work with others within a team activity. Identify own strengths when participating in a chosen team game/sport. Identify ways in which own performance could be improved

Healthy Living Pathway P16

For both Entry 2 and Entry 3, candidates may gain an **award** through achieving 12 credits or a **certificate** through achieving 13 – 18 credits

