



# Post 16 Physical Development Skills for Independence & Employability

The ethos of PD in Post 16 is 'Physical Activity for Leisure' and aims to develop students social, emotional, independence and personal skills to help prepare them to be confident, and active members of society.

Through the Physical Development curriculum students gain understanding of the life skills they are developing through physical activity, and how to exercise and participate for fun. Students develop awareness of the importance of leading a healthy and active lifestyle.

Through PD we enable students to participate in a variety of physical activities and experiences which promotes positive mental wellbeing through physical activity.



All students will have access to two core PD sessions each week aimed at encouraging movement and instilling a lifelong passion and interest in healthy lifestyles into adulthood. Activities include ball games, circuit training, yoga and wellbeing, walking and swimming. PD sessions take place within our Redwood facilities and out in our local community, taught by a mix of Redwood staff and, on occasion, external providers. Opportunities are available for students to represent the school at local, regional and national events.

