

Woodbrook College Wellbeing Provision 2019-20 (1st year outline)

Information for Parents and Students

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PE	Fundamental Movement Skills (Health related physical activity)		Olympic Handball (Games)		Gymnastics	Cricket (Games)		Athletics (Individual and team challenges)
CSPE	Active citizenship	Human dignity	Rights – differentiation between needs and wants	Basic Needs	Human Rights Activists	Origin of Human Rights	Investigation of UNDHR	Different types of rights and conflict of rights
SPHE	Who am I?		Minding myself and others		My mental health	Team up (having and being a friend)		SPHE project
Personal Development	Friends for Life			Research Methods			ICT Safety	
Tutor and Guidance	Study Skills	Healthy Eating		Attendance and Punctuality		Personal Safety	Building Resilience	

