



Physical Development

The physical development and activity levels of our learners is a key concern, especially in relation to their social, emotional and mental wellbeing. Many of our learners seek to manage some of the most common mental health problems such as phobic anxiety and depression. We have developed our curriculum offer to ensure the right conditions and support systems are in place to help address the learners' individual issues.

A high proportion of learning time allocated to physical development allows pupils to express themselves physically, challenge themselves and others, experience different environments and activities, work together and release their energy to de-stress and lower their anxiety, thus improving their behaviour. The high proportion and daily allocation of time devoted to physical development help address issues of inactivity outside of school hours. The Royal College of Psychiatrists provides clear guidance on the benefits of physical exercise and the effect it has on chemical compounds such as serotonin and dopamine.

A recent systematic review found that physical activity improves behaviour, cognitive function and increases attentiveness with some studies also demonstrating benefits in specific subjects such as mathematics and English (Reeves et al., 2016). Physical activity was found to have a positive impact on behaviour and cognition for students involved in a moderate-high intensity physical activity program

Pupils are given frequent opportunities to prepare healthy meals, this not only improves their capacity to live independently but also improves their ability to identify and make healthy choices moving forward.