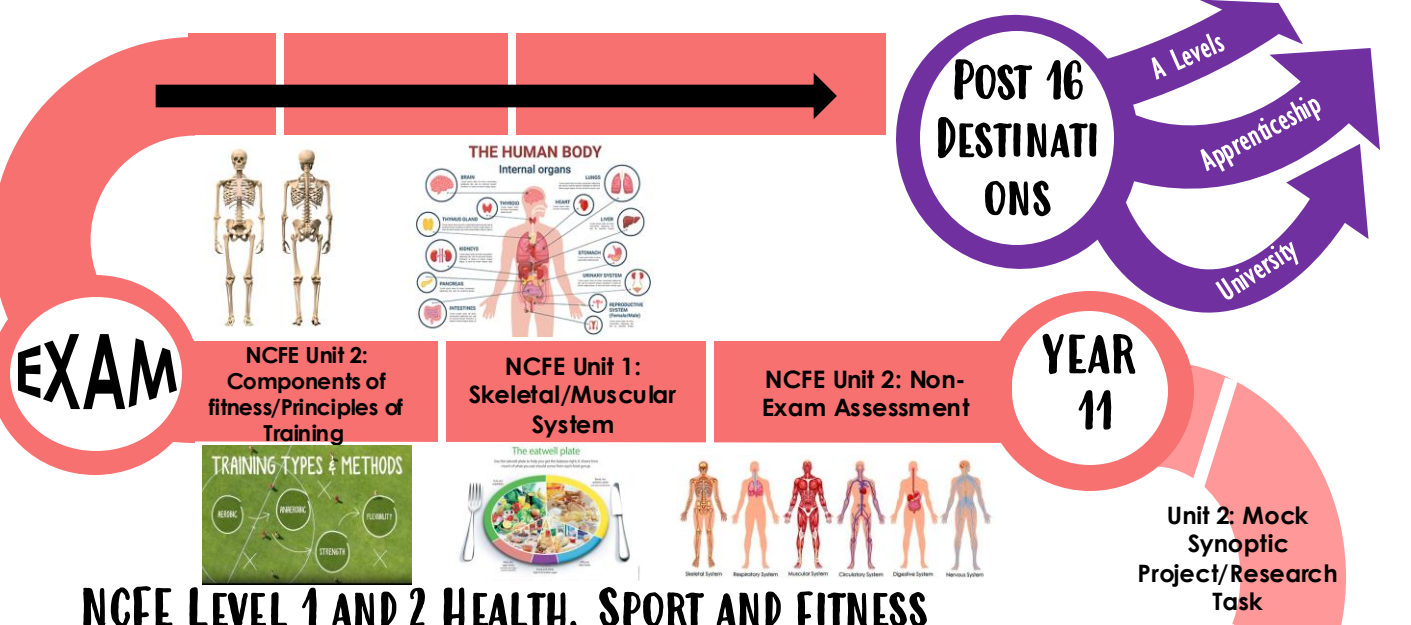
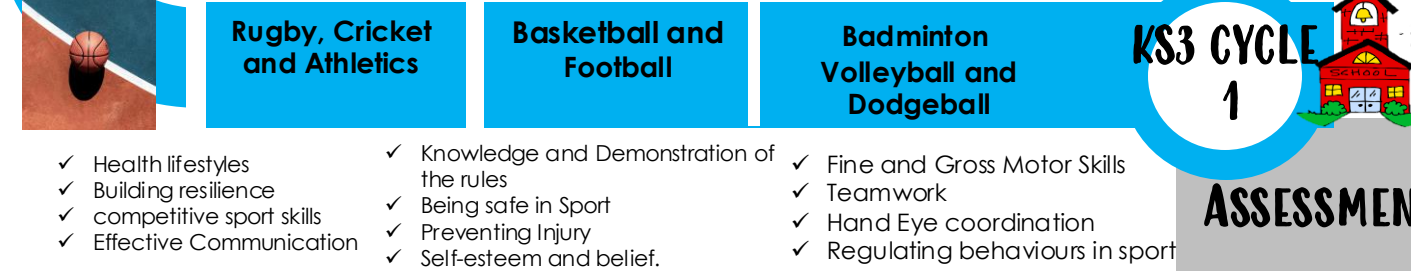
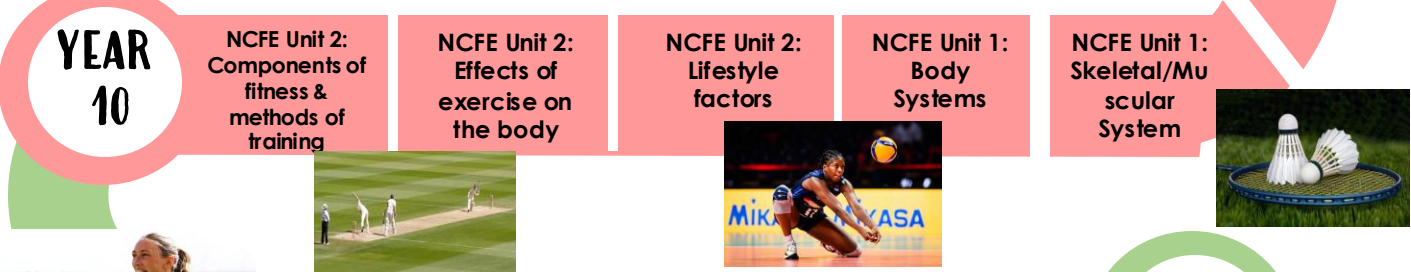


# HEALTH AND WELLBEING LEARNING JOURNEY

KEY OBJECTIVES: FOR PUPILS DEVELOP THE KNOWLEDGE, SKILLS, AND ATTITUDES NEEDED TO LEAD HEALTHY, ACTIVE, AND BALANCED LIVES. IT LINKS CLOSELY TO THE PE NATIONAL CURRICULUM, WHICH PROMOTES REGULAR PHYSICAL ACTIVITY, FITNESS, AND UNDERSTANDING OF HOW EXERCISE SUPPORTS OVERALL HEALTH AND WELLBEING. TOGETHER, THEY ENCOURAGE PUPILS TO MAKE POSITIVE CHOICES FOR LIFELONG PHYSICAL AND MENTAL HEALTH.



## NCFE LEVEL 1 AND 2 HEALTH, SPORT AND FITNESS



**ASSESSMENT**