



# Sports / Enrichment



*We aim to enable learners to become healthy, independent and responsible members of a society.*

**Personal Development:** Provide learners with an opportunity to explore a wide range of enrichment activities and partake in new experiences

Learners will . . .

- be aware of themselves as individuals
- demonstrate personal attributes such as self- esteem, resilience, self-confidence and skills such as managing risks, and decision making
- understand the importance of staying fit and healthy.
- engage in new experiences
- develop skills for independence
- identify opportunities to work successfully as part of a team and the skills required to be a successful leader
- be able to identify strengths and weaknesses



- promote healthy lifestyle and the importance of having hobbies and interests
- ensure that **ALL** learners are challenged
- plan lessons to ensure differentiated activities engage all learners at all levels
- promote and provide support on mental health and wellbeing
- provide learners with opportunities to engage in new experiences
- generate opportunities for team games and sports

Teachers will . . .

*Increasing the opportunities for employment and independence in adulthood within a supportive learning environment*

