

# **Our Approach to non-accredited courses at KS3 and 4**

**PE:**

We have two approaches to this.

**PE General**

**What:** we have chosen to follow the KS3 and 4 sections of this scheme:

<http://kessp.ovw6.devwebsite.co.uk/page/?title=PE+at+Home&pid=46>

**Who:** KS3 and 4

**Why:** It suits our students, due to the fact that the learning is planned to be suitable for home. The equipment is very low risk. We can also plan to flexibly deliver it on a 1:1 basis when required or in a small group. The scheme includes cross curricular links and information about health and safety.

**Where: This provision is currently offered only in Whitnash**

**Non-Contact Martial Arts Fitness**

**What:** Weekly sessions with a qualified Martial Arts Instructor

**Typical session**   
Warm-up 3x2 minutes of shadow boxing, 30 second rest

Stretching  
6 minutes skipping rope, no rest   
Working to improving your technique (spin kicks, high kicks, punches etc)

Rounds of pads work (two of just hands, two of hands and feet together)   
Some basic techniques   
2 minutes conditioning full speed various exercise

Warm-down

**Who:** KS3 and 4

**Why:** This provides a cardio vascular workout that can be individually accessed to stretch each student, whilst providing a structured opportunity for improvement.

**Where: This provision is currently offered only in Whitnash**

**Sister sites with part time, short term students do not receive this, and we work with commissioners to ensure students based at these sites have access to a well-rounded curriculum.**

**Music:**

**What:** We have a peripatetic music teacher who volunteers with us for 2 hours each week. He teaches singing and piano.

**Who:** Individual students in KS3 and 4

**Why:** Students are prioritised for this resource based on need. For example, we offer piano lessons to one student because after this session, he is then able to be much more self-evaluative and has excellent PSHE lessons in which we can focus on safe behaviours and skills for life.

**Where: This provision is currently offered only in Whitnash**

**Sister sites with part time, short term students do not receive this, and we work with commissioners to ensure students based at these sites have access to a well-rounded curriculum.**

**Art:**

**What:** From academic year 2020-21, we will follow the Start Art Scheme

**Who:** KS3 and 4

**Why:** This provides all of our KS3 and 4 students opportunities to practise a variety of techniques. The equipment is very low risk. We can also plan to flexibly deliver it on a 1:1 basis when required or in a small group. The scheme includes cross curricular links and learning opportunities. Although this schemes was written for KS3 pupils only, we use it for KS3 and 4 pupils at VLC.

**Where: Available in every site**

**Supplemental:**

During this academic year 2019-2020, we had a local artist volunteer to deliver a project about art, words and feelings with our students.

We are currently investigating running similar projects and 1:1 art work for 2020-21, but this is not confirmed yet.

**Cookery:**

**What:** Our scheme is based a level 1 home cooking skills course,  but we have adapted it to suit our needs, and the non-accredited nature of our offering. We have a staff member, with a food hygiene certificate, who delivers this at least once a half term to students in Whitnash on Thursdays and Fridays.

**Who:** KS3 and 4

**Why:** The scheme offers a basic grounding in this essential life skill for independent living. With the rise of obesity and poor dietary knowledge in a “fast food” generation we feel this scheme offers the chance to develop the pupils ability to work with basic, low cost ingredients and create healthy meals.

**Where: This provision is currently offered only in Whitnash.**

**Sister sites with part time, short term students do not receive this, and we work with commissioners to ensure students based at these sites have access to a well-rounded curriculum.**

**Digital Literacy:**

**What:** We follow the iDEA schemes:  <https://idea.org.uk/bronze>.  Our students will work to achieve bronze and then silver awards.

**Who:** KS3 and 4

**Why:** iDEA provides the opportunity for students to access modular activities, designed by industry experts, and create their own personalised record of achievement. Whilst core modules, such as online safety will be delivered to all students, there is the opportunity to look at areas that each student finds more interesting or considers more useful for any future careers.

**Where: Available to all**

**Study Skills:**

**What:** See the VLC Scheme

**Who:** KS3 and 4

**Why:** For pupils who access alternative provision, the development of independent learning via identification and practice of the study skills that work best for them is vital. For example for our temporary students they will often have missed parts of the curriculum in their main educational setting, and will need to cover some elements for some subjects on their own with no assistance. Our scheme aims to equip students with methods they can use, either to recall previous work or to improve their ability to achieve the very best grades in KS4 qualifications.

**Where: Available to all**

PSHE:

**What:** See the VLC Scheme

**Who:** KS3 and 4

**Why:** Our PSHE scheme is such that, although it is written to be delivered in chronological order, we can adapt it to flex to meet the bespoke needs of each student and the issues that they are facing in their lives at any one time. This is an advantage to delivering PSHE on a 1:1 basis. If we find that a group of our students are facing similar challenges in their lives, we sometimes call outside speakers to talk on the subject. For example, in 2020 we had a visiting speaker to talk with students about the dangers of carrying weapons.

**Where: Available to all**

**Timetable:**

Here's an idea of how we envisage fitting in all of our subjects - cooking will be at least once a half term on Thursdays and Fridays every half term. We may take out golden time to increase the time for the afternoon sessions. We already do this on most days, but pupils do find this golden time rewarding at times.

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| Period 1 | 9.30-10.15 | Full time Student – Maths | | | Part time student – Maths | | |
| Period 2 | 10.15-11.00 | Full time Student - English | | | Part time student - English | | |
| Break | 11.00-11.15 |  | | | | | |
| Period 3 | 11.15-12.00 | Full time Student - Science | | | Part time student - Maths | | |
| Period 4 | 12.00-12.45 | Full time Student - History | | | Part time student - English | | |
| Lunch (SMSC) | 12.45-13.15 | During lunchtime, students sit around a table for their lunch and debate the SMSC topic of the day | | | | | |
| SMSC | 13.15-13.30 | During lunchtime, students sit around a table for their lunch and debate the SMSC topic of the day | | | | | |
| Period 5 | 13.30-14.00 | Mon - Art | Tues - PSHE | Wednesday - Digital Literacy | | Thursday – Study Skills | Friday - PE |
| Golden Time | 14.00-14.30 | Golden time – film or games | | | | | |