

S6 Students receive 2 periods of **Health and Wellbeing** per week. Here the focus is on **developing and improving their physical, mental and social wellbeing**. We try to encourage students to make informed choices based on their interests and their emotional needs. The traditional format of Core PE is offered, alongside more holistic health options. This year we are excited to add horticultural skills as well as SFA Football coaching awards.

| Choices | Block 1 Starts Thursday 24 th Aug 4 sessions | Block 2 Starts Thursday 21 st Sept 4 sessions | Block 3 Starts Thursday 26 th Oct 5 sessions | Block 4 Starts Thursday 30 th Nov 4 sessions | Block 5 Starts Thursday 11 th Jan 5 sessions PRELIMS | Block 6 Starts Thursday 22 nd Feb 6 sessions |
|---------|---|--|--|--|--|---|
| PE -A | <i>Team Games</i> | Team Games | <i>Skiing/Snow board Beginner Lessons Hillend</i> Total £50 | Team Games | Team Games | Team Games |
| PE -B | Slim & Tone Fitness Suite | Ryze A Total £45 | Team Games | Piyo & Meditation | Additional Study | Swim & Relaxation |
| PE -C | Melville Golf Driving Range Total £ 35 | Yoga/Smoothie Making Total £ 6 | Fitness/Body Image Development GIRLS ONLY PT Sessions Total £ 25 | Fitness/Body Image Development BOYS ONLY PT Sessions Total £20 | Mindfulness/Relaxation & Stress Management | Gym & Swim |
| HE -D | Healthy Eating Total £ 12 | Yoga/Smoothie Making Total £6 | Food Survival Skills Total £14 | Healthy Eating Total £12 | Additional study | Food Survival Skills Total £14 |
| SFA -E | <i>SFA Referee Course Full Year</i> | <i>SFA Referee Course Full Year</i> | <i>SFA Referee Course Full Year</i> | <i>SFA Referee Course Full Year</i> | <i>SFA Referee Course Full Year</i> | <i>SFA Referee Course Full Year</i> |

Please note that some HWB options incur a cost.