



## PERSONAL DEVELOPMENT AT ST IVES SCHOOL

### BE INSPIRED - CURRICULUM INTRODUCTION STATEMENT OF INTENT

St Ives School has a commitment to the health and wellbeing of all students throughout their five year journey with us. As part of our commitment to this students are able to access our bespoke enrichment activities through the schools "Be Inspired" programme.

Our "Be Inspired" programme provides an extensive range of enrichment and extension experiences within the school day, so it is accessible to all. Students may select from over 70 different activities over the year to broaden their learning experiences and develop their social and life skills. "Be Inspired" has three main aims: to inspire students to achieve and learn; to develop the broadest range of skills and understanding; to enrich learning.

"Be Inspired" is divided into three skill areas which students are able to choose from:

- Creative Activities
- Mind and Body Activities
- Active and Adventurous Activities

It is essential that students have time to develop their soft skills which are gained throughout their time at school. Students are able to take part in activities such as drama workshops, paddle boarding, model making, surfing and mock court trials.

These sessions away from the traditional curriculum have allowed students to develop resilience, team work and positive mental wellbeing whilst doing activities which they enjoy.

### EXAMPLES OF EVENTS THAT TAKE PLACE ANNUALLY

ACTIVITY	DESCRIPTION
<b>Creative writing</b>	Write with us in 'The Nexus'! A place to focus on and develop your creative writing skills. Experienced advice and guidance given on ways to transform your imaginative thinking into a visual medium. Now's the time to write that script, short story, poem or comic strip! Experience all the stages of creative writing from concept through to final publication, with the opportunity to contribute to our collaborative publication 'The Nexus'.
<b>Trampolining (Years 7, 8, &amp; 9)</b>	Students look at all major landings such as seat, front and back landing. Students also learn variations of each landing, progressing towards forwards and back somersaults. Development of personal resilience, determination and teamwork are just a few of the essential skills developed through the sports events offered.
<b>Crafting for Calmness</b>	A range of crafting techniques including line drawing, vision board and collage making. Let your creativity flow. No experience necessary!
<b>Model United Nations</b>	Students will continue with the MUN programme. We have an opportunity to conference in March 2022.