



## Personal Development at Newbridge School



### Enrichment Programmes - Swimming Programmes



At Newbridge Learning Community, our 6-week swimming challenge is designed for beginners to develop confidence, resilience, and physical fitness.

#### **Learning at Their Own Pace**

Students learn in a supportive environment, improving swimming skills, stamina, and overall wellbeing. By the end of the program, participants feel more confident in the water and proud of their achievements.

#### **Building Life Skills Through Swimming**

Swimming also helps pupils develop perseverance, teamwork, and a sense of accomplishment, all within a safe and encouraging setting.



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### Enrichment Programmes - Fishing Programmes



#### **6-Week Fishing Programme**

At Newbridge Learning Community, pupils take part in a structured 6-week fishing programme held at Bickershaw Country Park.

#### **Learning Through Outdoor Experiences**

This outdoor learning experience is part of our wider enrichment offer, supporting pupils' social, emotional, and mental health through practical, hands-on activities in a calm, natural environment.

#### **Skills and Development**

Throughout the six weeks, pupils:

- Learn how to set up and use fishing equipment safely
- Develop patience, focus, and perseverance
- Build resilience when faced with challenges
- Work cooperatively with peers and staff
- Gain an understanding of wildlife, habitats, and water safety

#### **Supporting Wellbeing and Personal Growth**

Outdoor education plays a vital role in supporting positive behaviour, wellbeing, and long-term personal development for SEMH learners. The peaceful outdoor setting provides valuable opportunities for reflection and emotional regulation.



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### Enrichment Programmes - FA Playmaker



#### **Enrichment Programme: Playmaker Coaching**

At **Newbridge Learning Community**, our Enrichment Programme empowers pupils to lead, inspire, and make a real difference through Playmaker Coaching. Older students mentor younger peers, gaining leadership skills while boosting confidence, teamwork, and communication.

#### **KS4 Pupils: Leading the Way**

Secondary pupils, including those with SEMH needs, take on real responsibility:

- Lead and mentor younger pupils
- Plan and deliver sports sessions
- Build confidence, teamwork, and communication
- Gain hands-on leadership and organisation experience

#### **KS3 Pupils: Learning and Growing**

Younger pupils benefit hugely from peer coaching:

- Boosts confidence - learning new skills in a supportive environment
- Improves teamwork - collaborating and supporting others
- Enhances social skills - building friendships and communication
- Develops resilience - facing challenges with guidance from mentors
- Encourages participation - engaging fully in sports and school activities



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### Enrichment Programmes - FA Coaching Playmaker for KS4 Mentors



With older pupils guiding them, KS3 students improve skills, self-belief, and motivation, making every session a stepping stone to success.

#### **Skills for Life**

Playmaker Coaching equips pupils with transferable skills in leadership, communication, and teamwork. It fosters a confident, supportive, and connected school community where everyone thrives.



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### Enrichment Programmes - Ataraxia Academy



### **ATARAXIA MMA Academy**

At Newbridge Learning Community, pupils explore confidence, resilience, and self-discipline in a fun, safe, and supportive environment.

#### **What Pupils Do**

- Warm up with movement and coordination drills
- Learn fundamental MMA skills - striking, grappling, and safe partner work
- Build focus, patience, and self-control through mindset exercises
- Cool down with breathing and relaxation

#### **Why It Matters**

By the end of the 6-week programme, pupils gain confidence, manage frustration, work well with peers and enjoy success through learning new skills.

No competitive sparring - the focus is on personal growth, teamwork, and having fun.

