

Resilience at Southway

Many students joining Southway in Key Stage 3 arrive with a sense of having fallen short in one way or another. For some, simply attending Southway feels like proof of failure—of not getting ‘it’ right, whatever ‘it’ may be. Our **Resilience Curriculum** is designed to challenge this misconception, reshaping how students perceive themselves and their experiences. Our goal is to **restore and instil a deep sense of self-worth**, not by dismissing past struggles but by **reframing them as learning opportunities rather than defining moments**.

Resilience isn’t about ignoring mistakes or setbacks—it’s about recognizing them as **stepping stones for growth**.

	Term 1	Term 2	Term 3
Year 1	• An introduction to Resilience • Box of feelings • Money Management • McMillan coffee morning preparation • Classroom treaty • Values and beliefs • Flag Making • Volcano creation	• Success tree (exploration) • Success tree (creation) • Morals • Southway newsletter • The cooking project • Outdoor survival • Into the wilderness • Community project • Southway newsletter	• Stem club Prevent the flood • Operation new community • Risk and reward • Group study • Southway newsletter

Through our resilience programme we have forged links with West Leeds Activity Centre. The students are able to engage in Our activities include; canoeing, night line, abseiling, archery, assault course, combat archery, bush craft, climbing, crate stack, go-karting, high ropes, leap of faith, motor biking, nature trail, orienteering, roller skating, sumo suits & gladiator inflatables, sports, games and our popular giant water slide. This is more than just physical activity—it’s a chance for students to develop confidence, teamwork, and new skills in a supportive environment. Many of our KS3 students arrive having had limited opportunities to enjoy sport as a positive experience. That’s why our program is designed to be **inclusive, engaging, and rewarding** for all.

Unlike in many schools, **our staff actively participate alongside students**, not just to supervise but to encourage, challenge, and create a shared experience. Whether it’s football, boxing, or table tennis, these activities help students build coordination, improve focus, and develop a sense of achievement.

These outdoor activities are not about winning—it’s about **participation, progress, and enjoyment**. Through structured activities and friendly competition, students gain: Confidence in their abilities, teamwork and communication skills and sense of achievement through effort and improvement