

Autumn	1	Circuit training
	2	Sport Centre Classes
Spring	1	Football/ Boccia/ Hockey
	2	Bowling
Summer	1	Cricket
	2	Track and Field



**MEDIUM-TERM PLANNING**

Aspiration for Life

Language for Life

Learning for Life

**Leisure in the local community**

**Visiting Clubs**

**Visiting Clubs**

**Autumn 1**  
7 weeks

**Autumn 2**  
8 weeks

**Spring 1**  
6 weeks

**Spring 2**  
6 weeks

**Summer 1**  
5 weeks

**Summer 2**  
7 weeks

**Circuit Training**

**Sports Centre Classes**

**Football/ Boccia/ Hockey**

**Bowling**

**Cricket**

**Track & Field**

To develop core muscle groups and follow simple instructions

To take part in a structured activity following instructions

To take part in a team game and work with others

To take part in a leisure activity in the community showing appropriate conduct and engagement

To learn how to play Cricket and how to behave in a new environment

To access an athletics club. Develop my ability on track and field.

**SUGGESTED ACTIVITY**

Sit up  
Press up  
Star jumps  
Throwing/ catching  
Sprints  
Plank

Badminton – Balloon Tennis  
Zumba  
Boxercise

Team Ball  
Goalkeeper  
Defender  
Midfielder  
Attacker  
Pass  
Shoot  
Referee

Crown Green Bowling  
Tenpin Bowling  
Rolling a ball to a partner  
Labelling objects  
Putting on/ off shoes

Throwing  
Catching  
Bowling  
Batting  
Team games

100m  
Long/ triple Jump  
Javelin  
Shot putt  
Hurdles  
High Jumps

**Vocabulary**

Quadriceps's  
Calf  
Bicep  
Tricep  
Core

Forehand  
Backhand  
Drop shot  
Lob  
Court  
Net  
Serve  
Racket  
Shuttlecock

Pass  
Shoot  
Together  
Marking  
Run  
Kick  
Ball

Pins  
Bowling ball – Small, Medium, Large  
Shoes  
Green  
Wood  
Jack

Six  
Four  
Bat  
Ball  
Wicket  
Crease  
Whites  
Helmet

Hop, skip, jump  
Throw  
Time  
Jump  
Speed  
Heart rate  
Sweat  
Run - sprint

**Week**

**Week 1:** Label muscle groups  
**Week 2:** Complete circuit with PP  
**Week 3:** Gestural Prompts  
**Week 4:** Increased independence  
**Week 5:** Complete the circuit  
**Week 6-7:** Independent exercise

**Week 1:** Holding a racket & Hitting a shuttlecock  
**Week 2:** Forehand  
**Week 3:** Backhand  
**Week 4:** Serve & Drop shot  
**Week 5-8:** Playing a game following the rules

**Week 1:** Passing  
**Week 2:** Shooting  
**Week 3:** Dribbling  
**Week 4:** Team work  
**Week 5-6:** Playing a game

**Week 1:** Shoes on/off (each week) Labelling objects  
**Week 2:** Rules of the game  
**Week 3-5:** Playing the game  
**Week 6:** Trip to 10 pin bowling

**Week 1:** Throwing/ catching  
**Week 2:** Batting  
**Week 3:** Bowling  
**Week 4:** Fielding  
**Week 5:** Assessment

**Week 1:** 100m Sprint  
**Week 2:** Long Jump  
**Week 3:** Hurdles  
**Week 4:** Triple Jump  
**Week 5-6:** High Jump  
**Week 6:** Assessment

To experience leisure in the community and expand their ability within a range of activities

**INTENT**

**CYCLE 1**