



SPORTS AND LESUIRE COMPOSITE KNOWLEDGE COVERAGE KEY STAGE 5 (Further Education)

Intent:

For learners to use sports to keep healthy in adulthood and understand the importance of regular exercise. They will be able to develop their gross and fine motor skills as well as develop their social communication through sports and leisure.

		Cycle A 23-24	Cycle B 24-25	Cycle C 25-26	Running throughout each cycle
A u t u m n	1	<ul style="list-style-type: none"> • Staying Healthy <i>To understand how physical activity helps us stay physically healthy</i> 	<ul style="list-style-type: none"> • Pushing Yourself <i>Experience new sports or activities in their community</i> 	<ul style="list-style-type: none"> • Social activities <i>To understand how sports and leisure can be a positive way to interact with others and the benefits of social time</i> 	<p>Social Skills, Pushing Yourself and Staying Healthy: Learners should be learning how sports can directly affect their adult life in the above three area. They are not necessarily, learning the skills of one sport but how to use sport to stay healthy, socialise and challenge yourself and the benefits of taking part in sporting activities at any level.</p>
	2	<ul style="list-style-type: none"> • Social Activities <i>Team games</i> 	<ul style="list-style-type: none"> • Social Activities <i>Local sports centres</i> 	<ul style="list-style-type: none"> • Pushing Yourself <i>Endurance and resilience building</i> 	
S p r i n g	1	<ul style="list-style-type: none"> • Pushing Yourself <i>Developing a new skill</i> 	<ul style="list-style-type: none"> • Staying Healthy <i>Jogging</i> 	<ul style="list-style-type: none"> • Social Activities <i>Sports centre classes</i> 	
	2	<ul style="list-style-type: none"> • Staying Healthy <i>Accessing the gym</i> 	<ul style="list-style-type: none"> • Pushing Yourself <i>Facing our fears</i> 	<ul style="list-style-type: none"> • Staying Healthy <i>Walking and spending time with others</i> 	
S u m m e r	1	<ul style="list-style-type: none"> • Social Activities <i>Finding local clubs or sporting groups</i> 	<ul style="list-style-type: none"> • Social Activities <i>Accessing local parks and scenery</i> 	<ul style="list-style-type: none"> • Pushing Yourself <i>Extreme/adventurous sports</i> 	
	2	<ul style="list-style-type: none"> • Pushing Yourself <i>Going to unknown/unfamiliar places for an activity</i> 	<ul style="list-style-type: none"> • Staying Healthy <i>Cycling</i> 	<ul style="list-style-type: none"> • Staying Healthy <i>Yoga</i> 	