

Long Term Mapping Key Stage 5 - Sports and Leisure

(This scheme of work compliments the Key Stage 4 PE National Curriculum, D of E, Community based Learning and PSD)

Autumn	1	Walking for Leisure (Complementing D of E in Key stage 4 and Road crossing in Community)
	2	Gross Motor - Fitness classes and circuits
Spring	1	Competitive games (individual or team)
	2	Outdoor and adventurous activities / Team building (Cross link to PSD)
Summer	1	Using local amenities for exercise (Cross link to Community learning)
	2	Achieving your personal best

Sports and Leisure

A SPECIALIST LEARNING COMMUNITY