**West Lancashire Community High School**

**ASDAN Personal Develop Programme/LifeSkills Challenge/Towards Independence**

**ASDAN – Gym/Swim Sessions**

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| **KS5** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Cycle 1** | **3.Sport and Leisure**  3A3 – Take part in sport or leisure activity | **3.Sport and Leisure**  3A5 – Keep a record of physical wellbeing activities  3B6 – Volunteer in a sport or leisure activity | **3.Sport and Leisure**  3B1 – Participate in a sport or leisure activity over time |
| **Lifeskills Challenge** | **1830 –** Participating in games | **1029 –** Going Swimming | **3798 –** Participating in sporting activities |
| **TI – Introduction** | **Multisensory Experiences/Mobility** | **Multisensory Experiences/Mobility** | **Multisensory Experiences/Mobility** |
| **TI - Progression** | **Sport and Leisure** | **Sport and Leisure** | **Sport and Leisure** |
| **Cycle 2** | **3.Sport and Leisure**  3B2 – Visit sport and leisure facilities | **3.Sport and Leisure**  3A6 – Try a new physical wellbeing activity  3A4 – Assess your fitness and identify fitness goals | **3.Sport and Leisure**  3B6 – Volunteer in a sport or leisure activity |
| **Lifeskills Challenge** | **1030 –** Investigating local sporting venues | **1176 –** Using a fitness gym  **5547 –** Frequent and regular physical activity for health, fitness and wellbeing | **2865 -** Volunteering |
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| **TI - Progression** | **Sport and Leisure** | **Sport and Leisure** | **Sport and Leisure** |
| **Cycle 3** | **3.Sport and Leisure**  3A4 – Assess your fitness and identify fitness goals  3A1 – Take part in indoor activities | **3.Sport and Leisure**  3A6 – Try a new physical well-being activities  3A2 – Take part in outdoor activities | **3.Sport and Leisure**  3B6 – Volunteer in a sport or leisure activity |
| **Lifeskills Challenge** | **5642 –** Heart raising warm up in sport  **1830 –** Participating in games | **1029 –** Going Swimming | **2865 –** Volunteering  **3798 –** Participating in sporting activities |
| **TI – Introduction** | **Multisensory Experiences/Mobility** | **Multisensory Experiences/Mobility** | **Multisensory Experiences/Mobility** |
| **TI - Progression** | **Sport and Leisure** | **Sport and Leisure** | **Sport and Leisure** |