Leisure / ‘Out and about’ rolling programme

Covering AQA Unit Award Scheme

3.3

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| Cycle 1  2019/20 | Using a café with support  105670  (Visit to local cafes)  Out and about in the community  108550  (Visit local facilities) | Investigating local leisure opportunities  105556  Investigating local leisure opportunities  105710  Introduction to using a leisure centre  81895  (Visit local leisure centre)  Using a local bowling alley  89622  (Visit local bowling alley)  Developing water confidence  108079  (Visit local leisure centre; swimming) | Using a public swimming pool with assistance  108079  (Visit local leisure centre; swimming)  Swimming  105781  (Visit local leisure centre for swimming)  Introduction to indoor climbing  70232  (Visit local leisure centre climbing wall)  Visiting the theatre  72577  74151  (Visit to panto at Bham Hippadrome) | Shopping in a shopping centre  105870  (Visit local shopping centres)  Those attending;  Residential experience;  Developing personal and group skills  109983  (Residential visit to Pioneer centre – March)  One night residential experience  75405  (Residential visit to Pioneer centre – March) | Using a treadmill  105855  (Visit to local gym - Ryland centre?)  Using a rowing machine with support  112830  (Visit to local gym - Ryland centre?)  Using a train  72365  (Visit to Worcester)  Community;  Local infrastructure  71323  (Visit to Worcester) | Taking part in a museum visit  108044  (Link with Humanities topic; visiting Hartlebury castle)  Walking for pleasure;  Walking in a group  92107  (Countryside walk – Lickey Hills)  Camping  (unit 2)  (Pitch tent on school grounds during the day) |
| Cycle 2  2020/21 | Introduction to horse care  108755  (Visit local stables) | Introduction to yoga  75340  (Instructor invited into school)  Using a foot spa  110397  Personal wellbeing  111285  (Links to PSHE)  Independent travel: walking safely (unit 1)  105774  (Walking in local area) | Digital photography with support  105406  (Links with ICT; Off site visits to take photographs locally)  (Links with art; Hockney)  Wildlife photography  110612  (Visit Cotswolds wildlife park) | Shopping on the high street with support  108563  (Visit local town centre)  Leisure interests  71427  (Local leisure facilities) | Introduction to animal care  111138  (Visit local pet shop)  Preparing for leisure;  Basic care of a ‘pet’; rabbit, guinea pig  110898 | Travelling on different modes of transport  111727  (Visit to train station, airport, bus station) |
| Cycle 3  2021/22 | Introduction to fitness training  70115  (Visit to local gym)  Major sports events  110643  Introduction to walking in a group for pleasure  71624  (Visit to several local areas) | Purchasing a gift from a shop  112934  (Visit to local town shops – Christmas gift)  Visiting a public house with support  105578  (Visit local public house with family for Christmas dinner together) | Health and safety in the woods  105323  (Visit to local woodland area)  Taking part in a waterside walk with support  110364  (Visit to Arrow Valley park & lake) | Visiting and using a park  77254  (Visit to the local park)  Feeding alpacas  111446  (Visit to Simply Alpaca, Worcester) | Finding out about garden birds  110195  (Visit local gardens/park)  Exploring nature in the local area  110787  (Visit local gardens/park)  Nature hunt  94556  (Visit to local park) | Plan and take part in a visit  108208  (Visit to theme park/ WSM?)  Zoo animals  78867  (Visit to local zoo) |

\* Some of the above planned topics may be changed, adapted or repeated depending on the cohort of students within class 3.3 at the time.

E.Brookes 2019