Leisure / ‘Out and about’ rolling programme

Covering AQA Unit Award Scheme

3.3

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| Cycle 12019/20 | Using a café with support105670(Visit to local cafes)Out and about in the community108550(Visit local facilities)  | Investigating local leisure opportunities105556Investigating local leisure opportunities105710Introduction to using a leisure centre81895(Visit local leisure centre)Using a local bowling alley 89622(Visit local bowling alley)Developing water confidence108079(Visit local leisure centre; swimming) | Using a public swimming pool with assistance108079(Visit local leisure centre; swimming)Swimming105781(Visit local leisure centre for swimming)Introduction to indoor climbing70232(Visit local leisure centre climbing wall)Visiting the theatre7257774151(Visit to panto at Bham Hippadrome) | Shopping in a shopping centre105870(Visit local shopping centres)Those attending;Residential experience;Developing personal and group skills109983(Residential visit to Pioneer centre – March)One night residential experience75405(Residential visit to Pioneer centre – March) | Using a treadmill105855(Visit to local gym - Ryland centre?)Using a rowing machine with support112830(Visit to local gym - Ryland centre?)Using a train72365(Visit to Worcester)Community;Local infrastructure71323(Visit to Worcester) | Taking part in a museum visit108044(Link with Humanities topic; visiting Hartlebury castle)Walking for pleasure;Walking in a group92107(Countryside walk – Lickey Hills)Camping(unit 2)(Pitch tent on school grounds during the day) |
| Cycle 22020/21 | Introduction to horse care108755(Visit local stables) | Introduction to yoga75340(Instructor invited into school)Using a foot spa110397Personal wellbeing111285(Links to PSHE)Independent travel: walking safely (unit 1)105774(Walking in local area) | Digital photography with support105406(Links with ICT; Off site visits to take photographs locally)(Links with art; Hockney)Wildlife photography110612(Visit Cotswolds wildlife park) | Shopping on the high street with support108563(Visit local town centre)Leisure interests71427(Local leisure facilities) | Introduction to animal care111138(Visit local pet shop)Preparing for leisure;Basic care of a ‘pet’; rabbit, guinea pig110898 | Travelling on different modes of transport111727(Visit to train station, airport, bus station) |
| Cycle 32021/22 | Introduction to fitness training70115(Visit to local gym)Major sports events110643Introduction to walking in a group for pleasure71624(Visit to several local areas) | Purchasing a gift from a shop112934(Visit to local town shops – Christmas gift)Visiting a public house with support105578(Visit local public house with family for Christmas dinner together) | Health and safety in the woods105323(Visit to local woodland area)Taking part in a waterside walk with support110364(Visit to Arrow Valley park & lake) | Visiting and using a park77254(Visit to the local park)Feeding alpacas111446(Visit to Simply Alpaca, Worcester) | Finding out about garden birds110195(Visit local gardens/park)Exploring nature in the local area110787(Visit local gardens/park)Nature hunt94556(Visit to local park) | Plan and take part in a visit108208(Visit to theme park/ WSM?)Zoo animals78867(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