

PATHWAY LONG TERM PLAN

PFA: EMPLOYMENT INDEPENDENT LIVING HEALTH COMMUNITY INCLUSION	FOCUS / TARGET AREAS COMMUNICATION & LITERACY PERSONAL, SOCIAL & EMOTIONAL DEVELOPMENT ENRICHMENT LIFE AND LIVING SKILLS GROUP / CO-OPERATION SKILLS OCR LIFE & LIVING SKILLS	
PATHWAYS	Sports (JOURNEY 1 / 2)	
TOPICS/TERMS	Sporting and Leisure Activities within our community	
AUTUMN	KEY OBJECTIVES / AIMS: <ul style="list-style-type: none"> ● To know what sports and recreational activities can be accessed within our local community, including activities such as yoga. ● To know how we can utilise our natural environment, e.g using local parks for forest school, walking, kite flying! ● Be able to participate in finding out about community facilities, for example local leisure centres and what is offered there. ● To express preferences for different activities. ● To be able to explain how taking part in different activities makes them feel and identify the benefits. ● To know what type of activities they can participate in that will contribute to a healthy lifestyle. 	SUPPORTING ACTIVITIES: <ul style="list-style-type: none"> ● Visits to various sporting establishments as well as parks in the community ● Experience a leisure centre and know what is on offer there. ● Pupils to make a scrapbook of photos showing which activities they have taken part in. Pupils to communicate how the activities made them feel and which activities they enjoyed or did not enjoy. ● Pupils discuss which activities they would like to take part in again and think of ways to access these groups outside of school – e.g asking a parent/carer to go with them, researching timetables or local sports groups on the internet. ● Pupils engage in activities that will lead to healthy lifestyle choices such as walking or yoga or forest school experiences. ● Pupils take part in group discussion about the benefits - Example benefits may include: meeting people, getting out of the house, taking exercise, having fun, enjoying an interest or hobby, helping others etc.
SPRING	Leisure activities for health and social benefits	
	KEY OBJECTIVES / AIMS: <ul style="list-style-type: none"> ● Identify an activity which will make an improvement to their lifestyle (including social as well as health) ● To develop social and teamwork skills ● Demonstrate an awareness of how they make use of their own leisure time. 	SUPPORTING ACTIVITIES: <ul style="list-style-type: none"> ● Pupils communicate with family members which activities they would like to access more often outside of school. ● Make a list of how leisure activities can improve our daily living ● Forest school opportunities to develop teamwork skills ● ● Pupils discuss how they spend their leisure time and how they could fit in more physical

	<ul style="list-style-type: none"> ● To identify how they can fit healthy activity choices into their weekly routines. ● To understand the importance of a healthy and active lifestyle. ● To promote enjoyment of a healthy lifestyle and wellbeing. ● To improve self confidence and self esteem 	<p>movement within that routine – for example by doing yoga at home or going to a local sports group or going for a walk.</p> <ul style="list-style-type: none"> ● Keep a weekly journal to log what physical activities they have completed each week, including walking. ● Students identify activities they are good at and offer chances to participate in these activities. ● Chances to try new activities that students may not be aware of but may find they are good at. ● Forest school activities to build confidence through risk taking ● .
--	--	---

SUMMER	Accessing local facilities for leisure and sporting activities	
	<p>KEY OBJECTIVES / AIMS:</p> <ul style="list-style-type: none"> ● Research opportunities for joining local sports groups or exercise classes within the local area. ● Travel within their own community in order to access local activities or outdoor areas ● Pupils to be aware of outdoor gyms in parks and other free activities ● To understand the importance of the natural environment and their responsibility towards protecting it. ● Be involved in decision- making about how to spend their time. ● To participate in selecting a community facility which they wish to access. ● Be able to participate in using a community facility they will lead to an increased healthy lifestyle over a period of time ● 	<p>SUPPORTING ACTIVITIES:</p> <ul style="list-style-type: none"> ● Pupils to discuss which activities they would like to access more of. ● Pupils to take part in using a facility which is of interest to them, either within school or out of school time. ● Pupils experience more physical exercise opportunities. ● Forest school activities looking at conservation within our local areas ● Using the internet to research timetables for exercise classes or sports groups that may be accessible to the students and to feedback to parents/carers. ● Create travel plans for accessing sporting groups the pupils would like to access. ● Opportunities to use public transport to access different activities within the community. ● Pupils to be supported to enrol in activities outside of school.

WIDER CURRICULUM LINKS

P.E
Learning about different forms of physical exercise

Science

Awareness of body and the effects of physical exercise

COMMUNICATION / ENGLISH

COMMUNICATION SKILLS – Students will be developing a range of communication skills through a wide range of experiences. E.g. group discussion, leading groups etc

SMSC / ENRICHMENT

ENRICHMENT – Students will have the opportunity to take part in various sports and healthy lifestyle experiences
Mental health – Physical exercise is known to improve mental health
SOCIAL – Pupils will be able to interact with others within their local community and make links for future possible leisure activities
Independence - Using public transport

ACCREDITATION LINKS

OCR LIFE & LIVING SKILLS

2021-2022 HR+ GROUP

Finley	Willis
Sophie	Gibbons
Debora	Binsang
Isaiah	Gabbidon
Toprak	Tonbul
Bradley	Bembrick
Berfin	Boyras
Giovani	Ngenda
Jervontaye	Brooks
Luke	Drummonds