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| **Year** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Blue** | **Skills Activity - First Aid & Safety**  Recovery Position  CPR  Bleeding & Shock  Allergies & Asthma Chest Pains & Heart Attack Burns  Poisoning; Harmful Substances & Overdose Seizures & Epilepsy Choking Head Injuries & Stroke Broken Bones Muscles & Joints  Assessment  Skills: (3 months) 8 weeks + 7 weeks | **Physical Activity (eg. Rock Climbing, Bouldering, Aerobics)**  Climbing Safety  Participating at a Specialist Centre  Evaluation & Review  Skills: (3 months) 8 weeks + 7 weeks | **ASDAN Sports & Fitness**  Health, Fitness & Nutrition  Sport in the Community  The Environment  Working in Sport  Volunteering – Peer Support in the School Community: (3 months) 6 weeks + 5 weeks | **ASDAN RoadWise**  Transport and the Environment  Danger on the Road  Vehicle Maintenance & Repair  Vulnerable People Section B  Volunteering – Peer Support in the School Community: (3 months) 6 weeks + 5 weeks | **Orienteering plus Option (Hiking, Exploring)**  Exploring the local area – local walks  Map reading  Physical: Outdoor Adventure (3 months): 5 weeks + 7 weeks | **Forest Skills plus Option (Cycling, Golf, Canoeing)**  Outdoor safety and survival Water Safety  Participating at a Specialist Centre  Physical: Outdoor Adventure (3 months): 5 weeks + 7 weeks  Expedition: 2 days/1 night |
| **Green** | **Skills Activity - First Aid & Safety**  Recovery Position  CPR  Bleeding & Shock  Allergies & Asthma Chest Pains & Heart Attack Burns  Poisoning; Harmful Substances & Overdose Seizures & Epilepsy Choking Head Injuries & Stroke Broken Bones Muscles & Joints  Assessment  Skills: (3 months) 8 weeks + 7 weeks | **Physical Activity (eg. Rock Climbing, Bouldering, Aerobics)**  Climbing Safety  Participating at a Specialist Centre  Evaluation & Review  Skills: (3 months) 8 weeks + 7 weeks | **ASDAN Sports & Fitness**  Module 4 A:  Social media in Sport  Volunteering in the local community  Sports participation  Coaching & Officiating  Racism in sport  Volunteering – Peer Support in the School Community: (3 months) 6 weeks + 5 weeks | **ASDAN Roadwise**  1) Effects of making decisions  2) M6 A3 Vehicle Maintenance and Repair  3) M6 B4  4) M6 B1  5) M3 A6 & 7  Volunteering – Peer Support in the School Community: (3 months) 6 weeks + 5 weeks | **Orienteering plus Option (Hiking, Exploring)**  Exploring the local area – local walks  Map reading  Physical: Outdoor Adventure (3 months): 5 weeks + 7 weeks | **Forest Skills plus Option (Cycling, Golf, Canoeing)**  Outdoor safety and survival Water Safety  Participating at a Specialist Centre  Physical: Outdoor Adventure (3 months): 5 weeks + 7 weeks  Expedition: 2 days/1 night |

**Half Termly Career Focus**

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|  | **HT1** | **HT2** | **HT3** | **HT4** | **HT5** | **HT6** |
| Blue | First Aid Trainer | Instructor – eg. climbing, aerobics, bouldering, | Premier League Referee | Highway Maintenance Worker | Tree Surgeon | Water Sports Centre Employees |
| Green | Paramedic | Instructor – eg. climbing, aerobics, bouldering, | Inspirational Sports Stars | Traffic Officer | Cycle Shop Owner / Mechanic | Golf Range Employees |