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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 CPRBleeding & ShockAllergies & AsthmaChest Pains & Heart AttackBurnsPoisoning; Harmful Substances & OverdoseSeizures & EpilepsyChokingHead Injuries & StrokeBroken BonesMuscles & JointsAssessmentSkills: (3 months)8 weeks + 7 weeks | **Physical Activity (eg. Rock Climbing, Bouldering, Aerobics)**Climbing SafetyParticipating at a Specialist CentreEvaluation & ReviewSkills: (3 months)8 weeks + 7 weeks | **ASDAN Sports & Fitness** Health, Fitness & NutritionSport in the CommunityThe EnvironmentWorking in Sport Volunteering – Peer Support in the School Community: (3 months) 6 weeks + 5 weeks | **ASDAN RoadWise**Transport and the EnvironmentDanger on the RoadVehicle Maintenance & RepairVulnerable People Section BVolunteering – Peer Support in the School Community: (3 months) 6 weeks + 5 weeks | **Orienteering plus Option (Hiking, Exploring)**Exploring the local area – local walksMap readingPhysical: Outdoor Adventure (3 months): 5 weeks + 7 weeks | **Forest Skills plus Option (Cycling, Golf, Canoeing)**Outdoor safety and survivalWater SafetyParticipating at a Specialist CentrePhysical: Outdoor Adventure (3 months): 5 weeks + 7 weeksExpedition: 2 days/1 night |
| **Green** | **Skills Activity - First Aid & Safety**Recovery Position CPRBleeding & ShockAllergies & AsthmaChest Pains & Heart AttackBurnsPoisoning; Harmful Substances & OverdoseSeizures & EpilepsyChokingHead Injuries & StrokeBroken BonesMuscles & JointsAssessmentSkills: (3 months)8 weeks + 7 weeks | **Physical Activity (eg. Rock Climbing, Bouldering, Aerobics)**Climbing SafetyParticipating at a Specialist CentreEvaluation & ReviewSkills: (3 months)8 weeks + 7 weeks | **ASDAN Sports & Fitness** Module 4 A:Social media in SportVolunteering in the local communitySports participationCoaching & OfficiatingRacism in sportVolunteering – Peer Support in the School Community: (3 months) 6 weeks + 5 weeks | **ASDAN Roadwise**1) Effects of making decisions2) M6 A3 Vehicle Maintenance and Repair3) M6 B44) M6 B15) M3 A6 & 7Volunteering – Peer Support in the School Community: (3 months) 6 weeks + 5 weeks | **Orienteering plus Option (Hiking, Exploring)**Exploring the local area – local walksMap readingPhysical: Outdoor Adventure (3 months): 5 weeks + 7 weeks | **Forest Skills plus Option (Cycling, Golf, Canoeing)**Outdoor safety and survivalWater SafetyParticipating at a Specialist CentrePhysical: Outdoor Adventure (3 months): 5 weeks + 7 weeksExpedition: 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 |