

# Sixth Form Vocational Long Term Planning

Autumn	Spring	Summer
<p><b>Focus: Physical Activity</b></p> <p><i>All learners will:</i></p> <ul style="list-style-type: none"> <li>• Explore the properties of a range of PE equipment.</li> <li>• Experience movement of objects – objects coming towards and away from the body and crossing their midline / above head</li> <li>• With support, use a variety of PE equipment for the purpose intended.</li> </ul> <p><i>Most learners should:</i></p> <ul style="list-style-type: none"> <li>• Use the correct PE equipment for the purpose intended with limited physical support.</li> <li>• Demonstrate key skills learnt in a taught physical activity e.g. Boccia, football, basketball</li> <li>• Work as a member of a small group to participate in a team sport following direct instruction.</li> <li>• Select appropriate footwear and clothing to suit different sporting activities.</li> </ul> <p><i>Some learners will begin to:</i></p> <ul style="list-style-type: none"> <li>• Understand and apply simple rules to the activities they undertake.</li> <li>• Reflect on their own and others' performance and suggest ways in which they could improve.</li> <li>• Take responsibility in applying procedures for good personal hygiene and being appropriately dressed.</li> </ul>	<p><b>Focus: Dance / Keep Fit</b></p> <p><i>All learners will:</i></p> <ul style="list-style-type: none"> <li>• Be supported to move their bodies in response to a range of music.</li> <li>• Be supported to move their bodies in response to a range of dance vocabulary.</li> <li>• Have the opportunity to explore vestibular stimulation equipment</li> </ul> <p><i>Most learners should:</i></p> <ul style="list-style-type: none"> <li>• Perform a short sequence to form part of a dance with some verbal reminders.</li> <li>• Demonstrate how to change their body shape following a verbal instruction.</li> <li>• Follow verbal and physical prompts to complete a dance or keep fit routine</li> </ul> <p><i>Some learners will begin to:</i></p> <ul style="list-style-type: none"> <li>• Perform a group dance from memory using learnt techniques.</li> <li>• Demonstrate how to prepare for physical activities and how to recover afterwards</li> <li>• Plan and lead a short section of a dance or keep fit routine to a small group.</li> </ul>	<p><b>Focus: Outdoor leisure</b></p> <p><i>All learners will:</i></p> <ul style="list-style-type: none"> <li>• Make use of a community sports facility to complete a physical activity with support.</li> <li>• Participate in orienteering activities by following picture clues with support.</li> <li>• Explore the properties and experience the movement of sporting resources in the community.</li> </ul> <p><i>Most learners should:</i></p> <ul style="list-style-type: none"> <li>• Follow simple instructions from an adult to participate in outdoor leisure activities.</li> <li>• Give simple instructions to a partner to participate in outdoor leisure activities and orienteering sessions.</li> <li>• Recognise the main rules of the outdoor leisure activity they are participating in.</li> </ul> <p><i>Some learners will begin to:</i></p> <ul style="list-style-type: none"> <li>• Plan and lead a small group to complete an assault course or orienteering exercise.</li> <li>• Use the correct equipment for the intended purpose with some accuracy.</li> <li>• Follow more complex instructions to complete the different outdoor leisure activities and recognise the rules of the game.</li> </ul>

<p>Suggested Activities:</p> <ul style="list-style-type: none"> <li>• Lytham YMCA</li> <li>• Activities in the hall / Compass Centre</li> <li>• Boccia</li> <li>• Football</li> <li>• Bowling</li> <li>• Basketball</li> <li>• Ball Skills</li> <li>• Team games</li> </ul>	<p>Suggested Activities:</p> <ul style="list-style-type: none"> <li>• Line dancing</li> <li>• Aerobics</li> <li>• Creativity – Performing Arts project</li> <li>• Zumba</li> <li>• Street dance</li> <li>• Drama / Starlight</li> <li>• Yoga / Pilates</li> </ul>	<p>Suggested Activities:</p> <ul style="list-style-type: none"> <li>• Crazy golf (Lowther Gardens)</li> <li>• French boules</li> <li>• Tag Rugby</li> <li>• Orienteering</li> <li>• Fitness bootcamp – assault course at Barnfield Park</li> <li>• Wheels for All</li> </ul>
<p><u>PPQ chosen unit:</u> Developing community participation skills: participating in sporting activities (3 credits)</p>		