

# Valley College – Sports and Leisure Long Term Mapping

	Cycle 1 2017-2018	Cycle 2 2018-2019	Cycle 3 2019-2020
Autumn 1	<b>Batting Skills</b> All sporting activities that require batting skills. e.g badminton, tennis, table tennis,	<b>Gym</b> Students will access local gym, having an induction with a view to more dependent students joining and accessing in own time.	<b>Dance</b> Dance classes led by specialists and accessing local amenities
Autumn 2	<b>Aerobics and Fitness Classes</b> Specialists to be brought into Ewood to deliver variety of sessions.	<b>Swimming</b>	<b>Ice Skating</b>
Spring 1	<b>Football Skills</b> Activities to include visits to stadiums , football museums etc.	<b>Leisure Activities</b> New Experiences! e.g., "Inflata Nation," Climbing Wall etc.	<b>Leisure Activities</b> New Experiences! e.g., "Inflata Nation," Climbing Wall etc.
Spring 2	<b>Leisure Activities</b> New Experiences! e.g., "Inflata Nation," Climbing Wall etc.	<b>Outdoor activities</b> Students to access different outdoor activities/ tennis/ bowling/ cricket/ football etc.	<b>Track and Running</b> Relay Long/short distance Hurdles

<p>Summer 1</p>	<p><b>Bowling</b> Students will learn skills in ten pin bowling and Crown Green bowling</p>	<p><b>Walking</b> Students will access local areas and walk for pleasure. Dog Walking to be included if appropriate to group.</p>	<p><b>Water sport</b> Sailing Rafting Doughnuts etc.</p>
<p>Summer 2</p>	<p><b>Outdoor Field Games</b> Students will take part in team games to develop the importance of playing as part of a team.</p>	<p><b>Cycling</b> Students to develop cycling skills with a view to higher abilities taking cycling proficiency</p>	<p><b>SKIING</b> Students to access Rossendale Ski Slope and develop ski skills.</p>