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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **KS4** | **Orienteering plus Hiking**  Exploring the local area  Participating at a Specialist Centre   * Orienteering * Map reading * Grid references * Map Symbols * Hiking | **First Aid & Safety Green**  Recovery Position  CPR  Bleeding  Fracture  Choking  Heart Attack  Assessment   * Reasons why we do first aid * When and where we would you first aid * First aid as a life skill | **ASDAN Sports & Fitness**  Health, Fitness & Nutrition  Sport in the Community  The Environment  Working in Sport   * Social Media in Sport * Volunteering & Sports Opportunities * Community Sports Clubs * Coaching Plans * Delivering a Sports Session * Racism in Sport | **ASDAN RoadWise**  Transport and the Environment  Danger on the Road  Vehicle Maintenance & Repair  Vulnerable People Section B   * Decision Making * Vehicle Maintenance * Working in a Garage * Vehicle Design * Road Traffic Accidents | **Climbing**   * Climbing Safety * Climbing Routes * Climbing Techniques * Belaying * Bouldering | **Canoeing**  Water Safety  Participating at a Specialist Centre  Evaluation & Review   * Water Safety * Water Rescue * Equipment * Water Conditions * Effects of weather * Techniques |

**Half Termly Career Focus**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **KS4** | Mountain Rescue | Paramedic | Fitness Instructor | Traffic Police | Climbing Instructor | Water Sports Instructor |