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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **KS4** | **Orienteering plus Hiking**Exploring the local areaParticipating at a Specialist Centre* Orienteering
* Map reading
* Grid references
* Map Symbols
* Hiking
 | **First Aid & Safety Green**Recovery PositionCPRBleedingFractureChokingHeart AttackAssessment* 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 & NutritionSport in the CommunityThe EnvironmentWorking 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 EnvironmentDanger on the RoadVehicle Maintenance & RepairVulnerable 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 SafetyParticipating at a Specialist CentreEvaluation & Review* Water Safety
* Water Rescue
* Equipment
* Water Conditions
* Effects of weather
* Techniques
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**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 |