



## Learning Area Overview and Long Term Plan

### Learning Area: **ENRICHMENT AND ENGAGEMENT**

**Overview:** This Learning Area encompasses the areas of Physical Education, Forest Schools, Duke of Edinburgh, Visits and Residential activities and other outdoor education experiences. This Learning Area also provides suitable internal and external work placements where appropriate. The elements of each area that will be covered are detailed below and are delivered through a cross-curricular learning platform that links experiences, skills, knowledge and opportunities in an approach that is meaningful and purposeful for each pupil, yet linked through a whole school shared thematic cycle.

**Long Term Planning:** During a student's time at The Meadows School, their learning journey will provide them with the opportunity (where appropriate) to work towards the following learning topics and outcomes:

<b>PE</b>	<b>Visits</b>	<b>Residential</b>	<b>Outdoor Awards</b>	<b>Forest School</b>	<b>Extra-curricular</b>
<p><b>Healthy ME:</b> Focus on self, appearance, height, body shape, weight, self-esteem. Sporting role models from a selection.</p> <p>Personalised PE card. Focusing on the above, if applicable.</p> <p>Experience a range of activities which focus on individuals in sport.</p>	<p style="text-align: center;"><b>N/A</b></p> <p>Ensure individual risk assessments are updated.</p> <p>Compile Medical information table for your class.</p> <p>List of trips you would like your class to go on in Autumn 2, based on the theme up to easter. Aim for all groups to access two school trips from</p>	<p><b>DofE Bronze-September</b> develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team</p>	<p>By 2 weeks into Autumn term- have a list of skills, physicals activities that your group will take apart in. If you need help then please contact.</p> <p>e.g In my class I will offer- 3 physical activities- gym, cricket, obstacle courses, dance class 3 skills activities ALD (aided language displays Independent travel (school, community, transport)</p> <p><b>Skill</b></p>	<p><b>Possible activities...</b> Explore and find activities, which you enjoy. Make a treasure Box of your favourite natural objects Mud portraits Clay model faces Mud hand prints Find and name my tree. Measure my height on my tree.</p>	<p><b>Bubble club</b> Develop Fine and gross-motor skills Attention skills Communication skills.</p> <p><b>Field sports-</b> Try out new activities as part of a team. Follow rules of a game Turn-taking. Identifying what we like.</p> <p><b>Lego Club</b> Skills developed Develop creativity</p>



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<p>Identify changes in self during exercise. How exercise can change self. Help them to identify how this can help their own health and fitness.</p> <p>Identifying body parts and how we can use them in different sporting activities.</p> <p>Experience a range of activities to support how we use different body parts during PE.</p> <p>Develop understanding of special awareness and balance.</p> <p>Support the pupils in their practise and</p>	<p>November up until April.</p>		<p>Develop practical and social skills and personal interests.</p> <p><b>Physical</b> To improve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity</p> <p><b>Volunteering</b> To make a difference within their communities or to an individual's life and develop compassion by giving service to others</p> <p><b>KS3 John Muir Award</b> <b>Discover</b> a wild place This can be school grounds, a local park, beach, woods, river, mountain or national park... What is the natural character of your chosen place(s)? n What makes it special or interesting for you/your group? <b>Explore</b> your chosen place Visit at different times of day and night, in different seasons or weather</p>		<p>Improve communication skills. Joint attention Communicating ideas Listening Develop language concepts Collaboration Cooperative problem-solving Sharing Turn-taking.</p> <p><b><u>REP Drama lunch-time Club</u></b> To be added by REP Themes based on myself and I</p> <p><b><u>Complete Kidz-</u></b> After school club, which will also in the future link with The REP Drama afterschool club.</p>
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<p>refinement of the skills and abilities they have chosen to work on.</p> <p>Explore and develop knowledge emphasising body tension, extension and shape.</p> <p>Reinforce quality and control of movements.</p> <p>How warm ups and cool downs can impact on individuals and differences within class.</p> <p>Individual performance. Experience/ Participate.</p>			<p>conditions, alone or with others. Sit, look, listen - engage senses. Use suitable environmental activities and games. Embrace fun, be playful. Identify plants, animals, birds. Find out more about landscapes, habitats and living things (biodiversity), and how they connect. How is it affected by people? Make maps. Take photographs, films or sound diaries.</p>		
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<p><b>Speed, Agility and Quickness:</b></p> <p>S.A.Q. for learners.</p> <p>S.A.Q course</p> <p>Focus on students completing actions looking at personal targets.</p>					
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